



Cooking Made Easy

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## Perfect Beef Stroganoff with Tagliatelle and Broccoli

The key to perfection with this classic dish is how thinly you can slice your steak. For wafer thin ribbons put your steak in the freezer for one hour, then while it is still solid (but not totally frozen) slice it micro-thin. By getting it nice and cold you'll find it infinitely easier to cut thin slices for a tender finish!



30 min



family box



Flank Steak (1)



Closed Cup  
Mushrooms (2 punnets)



Onion (1)



Broccoli (1)



Cornflour (2 tbsp)



Mild Paprika (1 tsp)



Tagliatelle (440g)



Beef Stock Pot (1/2)



Tomato Purée (1 tbsp)



Sour Cream (1 pot)



Lemon (1/2)



Worcestershire Sauce  
(1/2 tbsp)

## Ingredients

|                                     | 2P | 4P        |
|-------------------------------------|----|-----------|
| Flank Steak                         | -  | 1         |
| Closed Cup Mushrooms, chopped       | -  | 2 punnets |
| Onion, diced                        | -  | 1         |
| Broccoli                            | -  | 1         |
| Cornflour                           | -  | 2 tbsp    |
| Mild Paprika                        | -  | 1 tsp     |
| Tagliatelle <b>1</b>                | -  | 440g      |
| Beef Stock Pot                      | -  | ½         |
| Tomato Purée                        | -  | 1 tbsp    |
| Sour Cream <b>2</b>                 | -  | 1 pot     |
| Lemon                               | -  | ½         |
| Worcestershire Sauce <b>1, 3, 4</b> | -  | ½ tbsp    |

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

LH: Step for little hands

## Allergens

**1)** Gluten | **2)** Milk

**3)** Fish | **4)** Sulphites

**Nutrition per serving:** Calories: 758 kcal | Protein: 31 g | Carbs: 105 g | Fat: 32 g | Saturated Fat: 9 g



**1** Slice the steak into thin ribbons (a few millimetres thick if your knife skills are up to the task). Roughly chop the mushrooms, peel and finely dice the onion and separate the broccoli florets. Bring a large, high-sided pot of water to the boil on the hob for your pasta.



**2** LH: *In a bowl, thoroughly coat the steak strips in the cornflour, paprika and a good pinch of salt and pepper.*



**3** Put 2 tsp of olive oil in a non-stick pan on high heat. Brown off your steak in batches for about 45 seconds on each side (in small batches to stop it stewing). Once cooked, put your steak on a plate to the side. **Tip:** *It should still have a hint of pink in the middle.*



**4** Turn the heat down to medium and add in 1 tbsp of olive oil along with the onions. Cook them gently for 5 mins to soften them up (don't brown them off though). Finally, add the mushrooms.

**5** Add your tagliatelle into the boiling water with ½ tsp of salt. After 3 mins, add the broccoli into the same pan (on top of the pasta but submerged). The broccoli should be cooked after 3-4 mins, at which point your pasta will be ready too.

**6** Once the mushrooms have cooked (which should take a few mins), turn the heat to low. Add in all of the steak together with half the stock pot, the tomato purée, 5 tbsp water, the sour cream and a 1 tsp of lemon juice. Add the Worcestershire sauce and cook for a few mins to thicken up. Add ½ tsp of sugar if you have some.

**7** Drain the pasta and broccoli as soon as they are ready. **Tip:** *You'll need to separate the broccoli from the pasta but you'll have saved on washing up!* Finally, serve the stroganoff onto the tagliatelle with the broccoli on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!