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Beef Stroganoff with Broccoli & Rice

The origin of Beef Stroganoff dates back to mid-19th Century Russia, but has certainly made its way around the world and has been embraced by all. Following history, we've invented our own healthy twist on this classic dish. Paprika adds flavour, yoghurt tenderises the beef and fresh parsley adds freshness. Delicious!

Pantry Items



Water



Plain Flour



Olive Oil



Worcestershire
Sauce



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



Jasmine Rice



Beef Stock Cube



Beef Stroganoff
Strips



Brown Onion



Mushrooms



Paprika



Yoghurt



Parsley



Broccoli

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QTY	Ingredients	
1 ½ cups	Jasmine rice	
6 cups	hot water *	
1 cube	beef stock	
1 cup	boiling water *	
2 tbs	plain flour *	
600 g	beef stroganoff strips	
2 tbs	olive oil *	
1	brown onion, finely sliced	⊕
1 punnet	mushrooms, sliced	⊖
2 tsp	paprika	⊕
2 tbs	Worcesterhire sauce *	
1 tub	yoghurt	
1 bunch	parsley, finely chopped	
1 head	broccoli, cut into small florets	

⊕ Ingredient features in another recipe

* Pantry Items

⊖ Pre-preparation

Nutrition per serve

Energy	2750	Kj
Protein	48.5	g
Fat, total	17	g
-saturated	5.3	g
Carbohydrate	73.8	g
-sugars	10.2	g
Sodium	401	mg



You will need: chef's knife, chopping board, sieve, medium saucepan with a lid, small jug, bowl, plate, large frying pan, spatula, and a medium saucepan.

1 Place the **Jasmine rice** in a sieve and rinse with water until it runs clear. Place the rice and **hot water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer for **10-12 minutes** or until the rice is cooked. Drain and set aside.

2 In a small jug combine the **beef stock cube** and **boiling water**, stir until the stock cube dissolves. Set aside. In a medium bowl, add the **plain flour** and season with **salt** and **pepper**. Add the **beef stroganoff strips** and toss until they are well coated in the flour. Set aside.

3 Heat half of the **olive oil** in a large frying pan over a medium-high heat and cook the beef in two batches for **1-2 minutes**, or until just browned. Remove the beef from the pan and set aside on a plate.

4 Return the same frying pan to a medium heat and add the remaining olive oil. Add the **brown onion** and cook stirring for **3 minutes** or until soft. Add the **mushrooms** and **paprika** and cook for a further **4 minutes** or until soft. Return the beef to the pan with the combined beef stock cube, boiling water and **Worcestershire sauce**. Bring to the boil, then reduce the heat to medium-low and simmer for **10 minutes** or until the sauce has slightly thickened. Remove from the heat and stir through the **yoghurt** and **parsley** just before serving.

5 Meanwhile, bring a small saucepan of water to the boil. Add the **broccoli** and cook for **2-3 minutes** or until just tender. Drain.

6 To serve, divide the rice between bowls. Spoon over the beef stroganoff and serve with the broccoli on the side.

