

Cheat's Beef & Mushroom Stroganoff

with Mash & Broccoli

Grab your Meal Kit with this symbol



Potato



Broccoli



Button Mushrooms



Brown Onion



Garlic



Baby Spinach Leaves



Beef Mince



Smoked Paprika



Beef-Style Stock Powder



Sour Cream



Parsley

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Don't show this recipe to your Russian friends, because we've taken a few liberties with it to create a tasty version that's simple enough for weeknights. You'll still find the key elements of mushrooms, beef mince and sour cream, but we've added smoked paprika for flavour and served it with steamed veggies and a creamy mash to soak up the sauce.

Pantry items

Olive Oil, Milk, Butter, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
broccoli	1	2
button mushrooms	1 punnet (150g)	1 punnet (250g)
brown onion	1 medium	1 large
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
butter* (for the mash)	20g	40g
butter* (for the sauce)	15g	30g
beef mince	1 packet	1 packet
smoked paprika	½ sachet	1 sachet
soy sauce*	½ tsp	1 tsp
water*	½ cup	¾ cup
beef-style stock powder	1 sachet	1 sachet
sour cream	1 medium packet	1 large packet
parsley	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3366kJ (804Cal)	472kJ (112Cal)
Protein (g)	47.5g	6.7g
Fat, total (g)	43.5g	6.1g
- saturated (g)	26.8g	3.8g
Carbohydrate (g)	36.3g	5.1g
- sugars (g)	10.4g	1.5g
Sodium (mg)	870mg	122mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **button mushrooms** and **brown onion**. Finely chop the **garlic**. Roughly chop the **baby spinach leaves**.



Start the stroganoff

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Return the **mushrooms** and **onion** to the pan, then add the **garlic** and **smoked paprika** (see ingredients) and cook, stirring, until fragrant, **1 minute**.



Make the mash

Cook the **potato** in the boiling water until easily pierced with a knife, **15 minutes**. In the last **6 minutes** of cook time, place a colander or steamer basket on top of the saucepan and add the **broccoli**. Cover with a lid and steam until tender. Transfer the **broccoli** to a bowl, season to taste and cover to keep warm. Drain the **potato** and return to the saucepan. Add the **milk**, **salt** and **butter (for the mash)** and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



Finish the stroganoff

Add the **soy sauce**, **water**, **beef-style stock powder** and **baby spinach** to the frying pan. Bring to the boil, then reduce the heat to low. Add the **sour cream** and stir until warmed through, **1 minute**. Season to taste.



Cook the mushrooms

While the veggies are cooking, heat a large frying pan over a medium-high heat with drizzle of **olive oil** and the **butter (for the sauce)**. When the butter has melted, cook the sliced **mushrooms** and **onion**, stirring occasionally, until softened, **6-8 minutes**. Transfer to a medium bowl.



Serve up

Roughly chop the **parsley** leaves. Divide the mash between bowls and top with the beef and mushroom stroganoff. Serve with the broccoli and garnish with the parsley.

Enjoy!