



Creamy Steak and Mushroom Stroganoff

with Fluffy Rice

N° 10

FAMILY Hands on Time: 10 Minutes • Total Time: 35 Minutes



Garlic Clove



Echalion Shallot



Chestnut Mushrooms



Flat Leaf Parsley



Basmati Rice



Beef Steak Strips



Smoked Paprika



Beef Stock Powder



White Wine Vinegar



Soured Cream

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Saucepan (with a Lid), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Garlic Clove**	2 cloves	3 cloves	4 cloves
Echalion Shallot**	1	1	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnet
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Beef Steak Strips**	240g	360g	480g
Smoked Paprika	1 small pot	1 large pot	1 large pot
Water for the Sauce	200ml	300ml	400ml
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
White Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Soured Cream 7)**	150g	225g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	410g	100g
Energy (kJ/kcal)	2912 /696	711 /170
Fat (g)	30	7
Sat. Fat (g)	15	4
Carbohydrate (g)	67	16
Sugars (g)	4	1
Protein (g)	40	10
Salt (g)	1.10	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **14)** Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Get Prepped

Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **shallot** into small pieces. Thinly slice the **mushrooms**. Roughly chop the **parsley** (stalks and all).



4. Cook the Mushrooms

Add the **mushrooms** to the now empty pan with a drizzle of **oil** and a knob of **butter** (if you have some, if not add a drizzle of oil). Season with **salt** and **pepper** and cook until golden, 4-5 mins. Add the **shallot**, cook until soft, 2 mins, then add the **garlic** and **paprika** and cook for 1 minute. Add the **water** (see ingredients for amounts) and the **beef stock powder** and **vinegar**, stir well to dissolve the **stock powder** and bring to a simmer. Season with **salt** and **pepper** and cook for 5 mins.



2. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



5. Finish Up

Add the **soured cream** and **beef** to the pan and stir until heated through. **TIP: Be careful not to add to all the resting juices to the sauce.** Stir through **half** of the **parsley**, taste and add more **salt** and **pepper** if needed. Add some of the **beef resting juices** and a splash of **water** if you feel it needs loosening up.



3. Fry the Beef

Heat a drizzle of **oil** in a wide frying pan over high heat. Once hot, add the **beef strips** and stir fry until browned all over, 2 mins. Transfer to a plate and set aside. **IMPORTANT: The steak is safe to eat when the outside is browned.**



6. Serve

Divide the **rice** between two plates and top with the **stroganoff**. Scatter over the remaining **parsley**. **Enjoy!**

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.