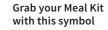
Mixed Mushroom Stroganoff

with Garlicky Greens & Mash Potato

CLIMATE SUPERSTAR

















Baby Broccoli

Portabello Mushrooms



Button Mushrooms



Tomato Paste



Garlic & Herb Seasoning



Plant-Based Cream



Vegetable Stock Powder



Prep in: 25-35 mins Ready in: 30-40 mins

Calorie Smart* *Custom Recipe is not Calorie Smart We've taken a few liberties with this Russian fave to create a tasty version that's easy enough for weeknights. You'll still find the key elements of mushrooms (two kinds), veggies and cream, but we've added tomato paste for extra flavour and served it with a fluffy mash to soak up the sauce.

Pantry items Olive Oil, Milk, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
milk*	2 tbs	¼ cup		
butter*	60g	120g		
garlic	3 cloves	6 cloves		
onion	1 (medium)	1 (large)		
lemon	1/2	1		
baby broccoli	1 bag	1 bag		
portabello mushrooms	1 packet	1 packet		
button mushrooms	1 packet	1 packet		
tomato paste	1 packet	2 packets		
garlic & herb seasoning	1 sachet	1 sachet		
plant-based cream	½ packet (125ml)	1 packet (250ml)		
vegetable stock powder	1 medium sachet	1 large sachet		
water*	⅓ cup	⅔ cup		
beef strips**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2457kJ (587Cal)	369kJ (88Cal)
Protein (g)	15.2g	2.3g
Fat, total (g)	35g	5.3g
- saturated (g)	17.5g	2.6g
Carbohydrate (g)	48.9g	7.3g
- sugars (g)	20.1g	3g
Sodium (mg)	1202mg	180mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3254kJ (778Cal)	411kJ (98Cal)
Protein (g)	43.9g	5.5g
Fat, total (g)	43.3g	5.5g
- saturated (g)	20.8g	2.6g
Carbohydrate (g)	48.9g	6.2g
- sugars (g)	20.1g	2.5g
Sodium (mg)	1252mg	158mg

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW39



Make the mash

- Bring a medium saucepan of salted water to the boil.
- Peel potato and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
 Drain and return to the pan.
- Add the milk and half the butter to the potato, then season with salt. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Get prepped

- Meanwhile, finely chop garlic. Roughly chop onion. Slice lemon into wedges. Halve any thicker stalks of baby broccoli lengthways.
- Thinly slice portabello mushrooms and button mushrooms.

Custom Recipe: If you've added beef strips to your meal, discard any liquid from beef strips packaging.



Cook the garlicky greens

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook baby broccoli until tender,
 5-6 minutes.
- Add half the garlic and cook until fragrant,
 1 minute. Season with salt and pepper, transfer to a bowl and cover to keep warm.



Start the stroganoff

- Wipe out the frying pan, then return to high heat with a generous drizzle of olive oil. Cook portabello and button mushrooms until browned. 7-8 minutes.
- Reduce heat to medium, then add onion and cook until tender, 3-5 minutes. Season with pepper.

Custom Recipe: Before cooking the mushrooms, bring the frying pan to high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Continue with step.



Finish the stroganoff

- Add tomato paste, garlic & herb seasoning, remaining garlic and remaining butter and cook until fragrant, 1-2 minutes.
- Add plant-based cream (see ingredients), vegetable stock powder, the water and a squeeze of lemon juice and cook until slightly thickened, 2-3 minutes. Season to taste.

Custom Recipe: Return beef strips to the pan after cooking the cream and toss to coat.



Serve up

- · Divide mash potato between bowls.
- · Top with mixed mushroom stroganoff.
- Serve with garlicky greens and any remaining lemon wedges. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate