



# S'creamy Mushroom Stroganoff

with Anti-Vampire Greens & Mushy Mash

HALLOWEEN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Onion



Lemon



Baby Broccoli



Portabello Mushrooms



Tomato Paste



Garlic & Herb Seasoning



Plant-Based Cream



Vegetable Stock Powder



Beef Strips

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

Calorie Smart\*  
\*Custom Recipe is not Calorie Smart

Huddle up because there's a chill in the air. And don't forget to lock the door; you'll want to make sure you have this Russian fav all to yourself. You'll still find the key elements of mushrooms, veggies and creamy sauce, but we've added tomato paste for extra flavour. Finish it with a ghostly mash to soak up the extra sauce.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b>	60g	120g
garlic	3 cloves	6 cloves
onion	1 (medium)	1 (large)
lemon	½	1
baby broccoli	1 bag	1 bag
portabello mushrooms	1 packet	2 packets
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
plant-based cream	½ packet (125ml)	1 packet (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	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)	2444kJ (584Cal)	367kJ (88Cal)
Protein (g)	14.5g	2.2g
Fat, total (g)	34.5g	5.2g
- 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)	3241kJ (775Cal)	410kJ (98Cal)
Protein (g)	43.2g	5.5g
Fat, total (g)	42.8g	5.4g
- 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](https://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



## 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!



## Start the stroganoff

- Wipe out the frying pan, then return to high heat with a generous drizzle of **olive oil**. Cook **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:** If you've added beef strips to your meal, discard any liquid from beef strips packaging. Before cooking mushrooms, heat the pan as above and cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Continue with step, then return beef to the pan once the onions are cooked.



## 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**.



## 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.



## 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.



## Serve up

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

## Rate your recipe

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