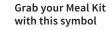


# Creamy Mushroom Stroganoff with Garlicky Greens & Potato Mash

CLIMATE SUPERSTAR











Baby Broccoli





**Button Mushrooms** 

Tomato Paste



Garlic & Herb



Seasoning



Vegetable Stock Powder





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



You'll want to make sure you have this Russian-inspired fav all to yourself. We've kept the key elements of mushrooms, veggies and creamy sauce, but we've added tomato paste for extra flavour. Finish it with a fluffy mash to soak up the extra sauce.



Olive Oil, Milk, Butter, White Wine Vinegar

## 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

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	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	1/2	1		
baby broccoli	1 bag	2 bags		
button mushrooms	1 packet	2 packets		
tomato paste	1 packet	2 packets		
garlic & herb seasoning	1 medium sachet	1 large sachet		
cream	½ packet	1 packet		
vegetable stock powder	1 medium sachet	1 large sachet		
water*	⅓ cup	⅔ cup		
white wine vinegar*	drizzle	drizzle		
beef strips**	1 small packet	2 small packets OR 1 large packet		
button mushrooms tomato paste garlic & herb seasoning cream vegetable stock powder water* white wine vinegar*	1 packet 1 packet 1 medium sachet ½ packet 1 medium sachet ⅓ cup drizzle	2 packets 2 packets 1 large sachet 1 packet 1 large sachet 3 cup drizzle 2 small packet		

\*Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2431kJ (581Cal)	<b>379kJ</b> (91Cal)
Protein (g)	15.7g	2.4g
Fat, total (g)	35.7g	5.6g
- saturated (g)	17.7g	2.8g
Carbohydrate (g)	48.8g	7.6g
- sugars (g)	24.7g	3.9g
Sodium (mg)	1202mg	188mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	<b>421kJ</b> (101Cal)
Protein (g)	44.4g	5.8g
Fat, total (g)	44g	5.7g
- saturated (g)	21g	2.7g
Carbohydrate (g)	48.8g	6.4g
- sugars (g)	24.7g	3.2g
Sodium (mg)	1252mg	163mg

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!

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### 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 (see ingredients). Halve any thicker stalks of baby broccoli (see ingredients) lengthways.
- Thinly slice button mushrooms.



# 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 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 recipe, returning beef to the pan once the onions are cooked.



# Finish the stroganoff

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



## Serve up

- · Divide potato mash between bowls.
- Top with creamy mushroom stroganoff.
- Serve with garlicky greens. Enjoy!



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