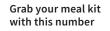


# Smokey Mushroom Stroganoff with Garlic Rice & Parsley

KIWI FLAVOURS

NEW















**Button Mushrooms** 

Kiwi Spice





Tomato Paste









Prep in: 20-30 mins Ready in: 30-40 mins

Usually a stroganoff is a meat-heavy meal, but this one proves you can have all that heartiness in a veggie-fueled dish. Mushrooms take centre stage here, cooked in a creamy, smokey sauce and served tumbling over fragrant garlic rice. We can't wait for this one.

**Pantry items** Olive Oil, Butter

### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 with a lid · Large frying pan

# **Inaredients**

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
butter*	40g	80g	
jasmine rice	1 medium packet	1 large packet	
water* (for the rice)	1¼ cups	2½ cups	
celery	1 stalk	2 stalks	
onion	1/2	1	
button mushrooms	1 large packet	2 large packets	
Kiwi spice blend	1 sachet	2 sachets	
tomato paste	1 packet	2 packets	
cream	½ packet	1 packet	
water* (for the sauce)	1/4 cup	½ cup	
parsley	1 packet	1 packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3444kJ (823Cal)	624kJ (149Cal)
Protein (g)	13.4g	2.4g
Fat, total (g)	68.6g	12.4g
- saturated (g)	41.6g	7.5g
Carbohydrate (g)	38.3g	6.9g
- sugars (g)	9.5g	1.7g
Sodium (mg)	577mg	105mg
Dietary Fibre (g)	8.8g	1.6g

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.



# Make the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat half the butter with a dash of olive oil over medium heat.
- · Cook half the garlic until fragrant, 1-2 minutes. Add jasmine rice, the water (for the rice) and a generous pinch of salt, stir, then bring to the boil.
- · Reduce heat to low and cover with a lid.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



## Get prepped

- · Meanwhile, finely chop celery.
- Roughly chop onion (see ingredients).
- · Thinly slice button mushrooms.



## Cook the veggies

- In a large frying pan, heat a generous drizzle of olive oil over medium-high heat. Cook celery and onion, tossing, until tender, 3-5 minutes.
- Add mushrooms and cook until browned, 8-10 minutes. Season with pepper.



# Make it smokey

 Reduce heat to medium, then add Kiwi spice blend, tomato paste, remaining garlic and remaining butter and cook until fragrant, 1-2 minutes.



### Make it saucy

• Add cream (see ingredients) and the water (for the sauce) and cook until slightly thickened, 2-3 minutes. Season to taste.



### Serve up

- Divide garlic rice between bowls.
- Top with smokey mushroom stroganoff.
- Tear over parsley to serve. Enjoy!

