



Creamy Mushroom Stroganoff & Garlicky Greens

with Potato Mash

Grab your meal kit with this number

8



Potato



Garlic



Onion



Baby Broccoli



Button Mushrooms



Tomato Paste



Garlic & Herb Seasoning



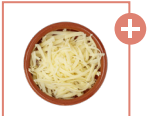
Cream



Vegetable Stock Powder



Beef Strips



Cheddar Cheese

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.

Pantry items

Olive Oil, Milk, Butter, White Wine Vinegar

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 lid · Large frying pan

Ingredients

	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	½	1
baby broccoli	1 medium bunch	2 medium bunches
button mushrooms	1 large packet	2 large 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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3841kJ (918Cal)	546kJ (130Cal)
Protein (g)	17.8g	2.5g
Fat, total (g)	71.9g	10.2g
- saturated (g)	46.3g	6.6g
Carbohydrate (g)	45.3g	6.4g
- sugars (g)	12.5g	1.8g
Sodium (mg)	1036mg	147mg
Dietary Fibre (g)	11.9g	1.7g

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.

1



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!

4



Start the stew

- 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**.

2



Get prepped

- Meanwhile, finely chop **garlic**. Roughly chop **onion** (see ingredients).
- Halve any thicker stalks of **baby broccoli** lengthways.
- Thinly slice **button mushrooms**.

5



Finish the stew

- 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.

3



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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS

+ ADD BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes. Stir through before serving.

+ ADD CHEDDAR CHEESE

Add to mash with butter and milk.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

