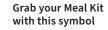
# Cheat's Beef Stroganoff with Mash & Steamed Veggies











Potato







Baby Broccoli







**Button Mushrooms** 

Carrot





**Beef Strips** 



Tomato Paste



Sweet Paprika

Beef-Style Stock Powder



Sour Cream

**Pantry items** 

Olive Oil, Milk, Butter

#### Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large saucepan with a lid · Large frying pan

# Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
brown onion	1/2	1	
garlic	1 clove	2 cloves	
baby broccoli	1 bunch	2 bunches	
carrot	1	2	
button mushrooms	1 packet (150g)	1 packet (250g)	
milk*	2½ tbs	⅓ cup	
salt*	1/4 tsp	½ tsp	
butter* (for the mash)	15g	30g	
beef strips	1 packet	1 packet	
butter* (for the sauce)	15g	30g	
sweet paprika	½ sachet	1 sachet	
tomato paste	1 packet	2 packets	
water*	2 tbs	⅓ cup	
beef-style stock powder	1 sachet	1 sachet	
sour cream	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3020kJ (721Cal)	410kJ (97Cal)
Protein (g)	41.5g	5.6g
Fat, total (g)	39.1g	5.3g
- saturated (g)	20.2g	2.7g
Carbohydrate (g)	50.1g	6.8g
- sugars (g)	16.8g	2.3g
Sodium (mg)	3081mg	418mg

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.



# Get prepped

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Thinly slice the **brown onion** (see ingredients). Finely chop the **garlic**. Trim and halve the **baby broccoli** lengthways. Thinly slice the **carrot** into half-moons. Thinly slice the **button mushrooms**.



# Cook the veggies

Cook the **potato** in the boiling water until easily pierced with a knife, **15 minutes**. In the last **8 minutes** of cook time, place a colander or steamer basket on top of the saucepan, then add the **carrot** and **baby broccoli**. Cover with a lid to steam until tender. Transfer the **carrot** and **baby broccoli** to a medium bowl. Season with **salt** and **pepper** and cover to keep warm. Drain the **potato** and return to the saucepan. Add the **milk**, the **salt** and **butter** (**for the mash**), then mash until smooth. Cover with a lid to keep warm.



#### Cook the beef

While the veggies are cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. When the oil is hot, cook the **beef strips**, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate and season.

TIP: Cook the beef in batches for better results.



## Start the stroganoff

Return the frying pan to a medium-high heat with a drizzle of **olive oil** and the **butter** (**for the sauce**). Cook the sliced **mushrooms**, stirring occasionally, until softened, **2 minutes**. Add the **onion** and cook, stirring, until softened, **5-6 minutes**. Add the **garlic**, **sweet paprika** (see ingredients) and **tomato paste** and cook until fragrant, **1-2 minutes**.



# Finish the stroganoff

Add the water and beef-style stock powder to the frying pan. Bring to the boil, then reduce the heat to low. Add the sour cream, then return the beef strips to the pan and stir until warmed through. Season to taste.

**TIP:** Add a splash of water to loosen the sauce if needed.



## Serve up

Divide the mash and steamed veggies between plates. Top with the beef stroganoff.

Enjoy!