



Cheat's Beef Stroganoff

with Mash & Steamed Veggies

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Baby Broccoli



Carrot



Button Mushrooms



Beef Strips



Sweet Paprika



Tomato Paste



Beef-Style Stock Powder



Sour Cream

Hands-on: 40-50 mins
Ready in: 45-55 mins

We've adapted this Russian fave by adding soy sauce – it's the secret ingredient that adds loads flavour to this dish while shortening the normal cooking time! But you'll still find the key elements of mushrooms, beef strips and sour cream, plus a creamy mash to soak up the sauce.

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown onion	½	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	½ cup
salt*	¼ 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	½ cup
beef-style stock powder	1 sachet	1 sachet
sour cream	1 medium packet	1 large packet

*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](https://www.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**.



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**.



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.



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.



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.



Serve up

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

Enjoy!