



Cheat's Beef & Mushroom Stroganoff

with Mashed Potato & Veggies

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Brown Onion



Garlic



Parsley



Button Mushrooms



Beef Strips



Sweet Paprika



Beef Stock



Sour Cream

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

We've taken a few liberties with this Russian fave to create a tasty version that's easy enough for weeknights. You'll still find the key elements of mushrooms, beef strips and sour cream, but we've added soy sauce for extra flavour and served it with a creamy mash to soak up the sauce.

Unfortunately, this week's broccolini was in short supply, so we've replaced it with broccoli. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Milk, Butter, Soy Sauce

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
broccoli	½ head	1 head
carrot	1	2
brown onion	½	1
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
button mushrooms	1 packet (150g)	1 packet (250g)
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
butter* (for the mash)	20g	40g
beef strips	1 packet	1 packet
butter* (for the sauce)	20g	40g
sweet paprika	¼ sachet	½ sachet
soy sauce*	1 tsp	2 tsp
water*	½ cup	¾ cup
beef stock	1 sachet	1 sachet
sour cream	1 packet (100g)	1 packet (175g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2700kJ (646Cal)	421kJ (101Cal)
Protein (g)	42.2g	6.6g
Fat, total (g)	32.2g	5.0g
- saturated (g)	19.3g	3.0g
Carbohydrate (g)	43.3g	6.8g
- sugars (g)	12.8g	2.0g
Sodium (mg)	988mg	154mg

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.



1. Get prepped

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Cut the **broccoli** (see ingredients list) into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Roughly chop the **parsley** leaves. Thinly slice the **button mushrooms**.



4. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccoli**, **carrot** and a **splash** of **water** and cook until tender, **5-6 minutes**. Transfer to a bowl and cover to keep warm.



2. Make the mash

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **15 minutes**. Drain the **potato** and return to the saucepan. Add the **milk**, **salt** and **butter** (for the **mash**). Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



5. Make the stroganoff

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil** and the **butter** (for the **sauce**). When the **butter** has melted, add the sliced **mushrooms** and cook until softened, **1-2 minutes**. Add the **onion** and cook, stirring, until softened, **5-6 minutes**. Add the **sweet paprika** (1/4 sachet for 2 people / 1/2 sachet for 4 people) and the **garlic** and cook until fragrant, **1-2 minutes**. Add the **soy sauce**, the **water** and **beef stock** and stir to combine. Bring to the boil, then reduce the heat to low. Add the **sour cream**, return the **beef strips** to the pan and stir until warmed through. Season to taste with **salt** and **pepper**.



3. Cook the beef

While the potato is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. When the oil is hot, add **1/2** the **beef strips** and cook, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate and repeat with the **remaining beef strips**. Season with **salt** and **pepper** and set aside.

TIP: Cooking the meat in batches over a high heat helps it stay tender.



6. Serve up

Divide the mashed potato between plates and top with the beef and mushroom stroganoff. Serve with the veggies and sprinkle with the parsley.

Enjoy!