



Mixed Mushroom Stroganoff

with Garlicky Greens & Mashed Potato

Grab your Meal Kit with this symbol



Potato



Garlic



Brown Onion



Baby Broccoli



Portabello Mushrooms



Button Mushrooms



Tomato Paste



Garlic & Herb Seasoning



Longlife Cream



Dijon Mustard



Vegetable Stock Powder

Hands-on: 25-35 mins
 Ready in: 30-40 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 (two kinds), Dijon mustard and cream, but we've added tomato paste for extra flavour and served it with a fluffy 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	2½ tbs	½ cup
butter*	60g	120g
garlic	3 cloves	6 cloves
brown onion	1 (medium)	1 (large)
baby broccoli	1 bag	1 bag
portabello mushrooms	1 packet	1 packet
button mushrooms	1 packet	1 packet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
Dijon mustard	1 packet (15g)	2 packets (30g)
vegetable stock powder	1 medium sachet	1 large sachet
water*	½ cup	¾ cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2952kJ (705Cal)	466kJ (111Cal)
Protein (g)	15.1g	2.4g
Fat, total (g)	49g	7.7g
- saturated (g)	31.4g	5g
Carbohydrate (g)	48.8g	7.7g
- sugars (g)	20.1g	3.2g
Sodium (mg)	1299mg	205mg

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 mash

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return the **potato** to the pan. Add the **milk**, 1/2 the **butter** and a generous pinch of **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Get prepped

While the potato is cooking, finely chop the **garlic**. Roughly chop the **brown onion**. Trim the **baby broccoli**. Thinly slice the **portabello mushrooms** and **button mushrooms**.



Cook the greens

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **baby broccoli** until tender, **5-6 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.



Start the stroganoff

Wipe out the frying pan, then return to a high heat with a drizzle of **olive oil**. Cook the **mushrooms** until browned, **7-8 minutes**. Reduce the heat to medium, then add the **onion** and cook until tender, **3-5 minutes**. Season with **pepper**.



Finish the stroganoff

Add the **tomato paste**, **garlic & herb seasoning**, remaining **garlic** and remaining **butter** and cook until fragrant, **1-2 minutes**. Add the **longlife cream** (see ingredients), **Dijon mustard**, **vegetable stock powder** and the **water** and cook until slightly thickened, **2-3 minutes**. Season to taste.



Serve up

Divide the mashed potato between bowls. Top with the mixed mushroom stroganoff. Serve with the garlicky greens.

Enjoy!