



CREAMY BEEF STROGANOFF

WITH FETTUCCINE & BROCCOLI

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 40 minutes

Creamy beef stroganoff with its rich, mushroomy sauce is an ideal meal for colder nights. Serve on a bed of fettuccine or opt for rice or mashed potato instead.



STROGANOFF

- 1 large brown onion
- 250g button mushrooms (9oz)
- 3 Tbsp vegetable oil
- 500g beef stir fry (1.1lb)
- 6 Tbsp plain flour
- 2 cloves garlic, crushed
- 2 Tbsp sweet paprika
- 4 tsp tomato paste
- 1 tsp Dijon mustard
- 2 cups beef stock (500ml)
- 90g baby spinach (3.2oz)
- 1/4 cup sour cream (60ml)

TO SERVE

- 400g fresh fettuccine (14oz)
- 1 head broccoli
- 1/2 cup grated parmesan (40g)

1. PREPARE BEEF STROGANOFF

Dice onion and slice mushrooms. Heat 1 tablespoon oil in a large frying pan (or saucepan) over medium heat. Add onion and mushrooms and cook for 3-4 minutes, until onions are translucent. Set aside in a bowl.

2. While mushrooms and onions are cooking, place beef in a clean plastic bag or bowl. Add the flour and a pinch of salt and black pepper. Mix to coat the beef.

3. Heat 2 tablespoons of oil in the same pan used for the onions and mushrooms and sauté beef until browned. Add the mushrooms and onions to the beef, then add the garlic, paprika, tomato paste and mustard. Stir, then slowly add beef stock. Simmer, uncovered, for 15 minutes, until sauce has thickened and reduced slightly.

4. COOK PASTA

While stroganoff is simmering, cook pasta. Bring a large saucepan of water to the boil and cook fettuccine according to instructions on the packet, until al dente. Drain well.

5. While pasta is cooking and stroganoff is simmering, chop broccoli into florets. Microwave for 3 minutes, until tender.

6. SERVE

Stir spinach into the stroganoff mixture then add the sour cream and stir to combine. Gently simmer on low heat for a couple of minutes before serving.

7. Plate out individual portions of fettuccine; top with beef stroganoff and parmesan. Serve with broccoli.



WINE MATCH: Choose between a Merlot or a Gewürztraminer.

CREAMY BEEF STROGANOFF RECIPE NOTES

GLUTEN FREE OPTION: Replace the flour with gluten free plain flour. Ensure your beef stock is gluten free and replace the regular fettuccine with your favourite gluten free pasta (or see other substitutes below).

INGREDIENT SWAP: Instead of fettuccine, you could serve the beef stroganoff on rice or mashed potato.

STORING AND REHEATING: Store individual portions in the refrigerator. Reheat in the microwave as required.