



UCOOK

Marvellous Mushroom Stroganoff

with chickpeas & an ancient grain mix

A classic dinner with touches of indulgence. Nourishing and delicious; ancient grains pair perfectly with a creamy mushroom stroganoff sauce, packed with tender mushrooms and golden chickpeas.


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Robertson Winery | Extra Light Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100ml	Ancient Grain Mix <i>(50ml Bulgur Wheat & 50ml Millet)</i>
125g	Button Mushrooms <i>wiped clean & roughly sliced</i>
1	Onion <i>½ peeled & finely sliced</i>
240g	Carrot <i>peeled, trimmed & cut into bite-sized chunks</i>
2,5ml	Smoked Paprika
10ml	Cake Flour
7,5ml	Stock & Herb Mix <i>(5ml Vegetable Stock & 2,5ml NOMU Provençal Rub)</i>
60g	Chickpeas <i>drained & rinsed</i>
100ml	Coconut Cream
20g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. ANCIENT GRAINS Place a pot over a medium heat. When hot, toast the grains for 1-3 minutes, shifting occasionally. Pour in 150ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the grains are cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Replace the lid and set aside to keep warm until serving.

2. SO MUSH FUN Place a pan over a medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the sliced mushrooms for 4-5 minutes until golden, shifting as they colour. Remove from the pan, season, and add to a bowl.

3. THE STROG BASE Boil the kettle. Wipe down the pan and return it to a medium heat with another drizzle of oil. When hot, sauté the sliced onion and carrot chunks for 3-4 minutes until soft. Add the smoked paprika to taste and sauté for 30-60 seconds until fragrant. Stir through the flour and fry for another 30-60 seconds, shifting constantly. Add in the stock & herb mix, and gradually mix in 120ml of boiling water, stirring continuously to prevent lumps. Bring to a simmer and cook for 3-4 minutes until thickened, stirring occasionally, add a splash of water if it's too thick.

4. ALMOST DONE! When the sauce has thickened, add in the chickpeas and mushrooms, and simmer for another 1-2 minutes until heated through. Stir in the coconut cream and ½ the rinsed spinach for 1-2 minutes until combined and wilted. Season to taste and remove the pan from the heat.

5. DINNER IS SERVED Make a bed of the ancient grain mix. Top with the silky stroganoff and serve with the remaining spinach. There you have it!



Chef's Tip

Avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary, adding more oil or butter between batches.

Nutritional Information

Per 100g

Energy	460kJ
Energy	110Kcal
Protein	3.4g
Carbs	16g
of which sugars	3.1g
Fibre	3.4g
Fat	3.5g
of which saturated	2.5g
Sodium	92mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days