



UCOOK

Beef Stroganoff

with crème fraîche & button mushrooms

A dinner classic with touches of indulgence! Silky butter bean purée pairs perfectly with a thick and creamy stroganoff sauce. It is loaded with tender beef strips, mushrooms, crème fraîche, smoked paprika, and onion. Sided with fresh green leaves for a light finish, this dish may be light on carbs but it is certainly heavy on flavour!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 Carb Conscious

 Creation Wines | Creation Merlot

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Ingredients & Prep

15ml	Stock & Herb Mix <i>(10ml Beef Stock & 5ml NOMU Provençal Rub)</i>
300g	Free-range Beef Strips
125g	Button Mushrooms <i>wiped down & roughly sliced</i>
1	Onion <i>peeled & finely sliced</i>
5ml	Smoked Paprika
20ml	Cornflour
60ml	Crème Fraîche
80g	Spinach <i>rinsed</i>
240g	Butter Beans <i>drained & rinsed</i>
20ml	Balsamic Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)
Blender
Milk (optional)

1. GET GOING Boil the kettle. Dilute the stock & herb mix with 240ml of boiling water and set aside.

2. FRY UP Pat the beef strips dry with paper towel. Place a pan over high heat with a drizzle of oil. When hot, sear the strips until browned but not cooked through, 1-2 minutes. Season and set aside in a bowl. Return the pan to medium-high heat with another drizzle of oil and a knob of butter (optional). When hot, fry the sliced mushrooms until golden, 4-5 minutes (shifting occasionally). Remove from the pan and add to the bowl of beef strips.

3. SAUCE Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, sauté the sliced onion until soft, 5-6 minutes (shifting occasionally). Add the smoked paprika and fry until fragrant, 30-60 seconds. Stir through the cornflour, 30-60 seconds (shifting constantly). Gradually add the diluted stock mix (stirring continuously). Bring to a simmer and cook until thickened, 4-5 minutes (stirring occasionally).

4. SO CRÈME-Y! When the sauce has thickened, add the beef and the mushrooms. Simmer until the beef is cooked through, 2-3 minutes. Add the crème fraîche and ½ the rinsed spinach. Mix until combined and the spinach is wilted, 1-2 minutes. Season and remove from the heat.

5. SILKY PURÉE Place a pot over medium-high heat with the rinsed beans and 80ml of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover to keep warm.

6. SALAD In a salad bowl, combine the balsamic vinegar with 10ml of olive oil and seasoning. Toss through the remaining spinach and set aside for serving.

7. YUM! Smear the butter bean purée on the plate and top with the silky beef stroganoff. Serve the dressed spinach on the side. Delish, Chef!



Chef's Tip

Avoid overcrowding the pan when frying the mushrooms; cook them in batches if necessary. Mushrooms release water, so if there are too many in the pan, they could end up boiled instead of caramelised!

Nutritional Information

Per 100g

Energy	419kj
Energy	100kcal
Protein	9.1g
Carbs	7g
of which sugars	1.7g
Fibre	2g
Fat	3.3g
of which saturated	1.8g
Sodium	137mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days