



# 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:** 35 minutes

**Overall Time:** 55 minutes


---

**Serves:** 4 People

---

**Chef:** Kate Gomba

---

 Carb Conscious

---

 Creation Wines | Creation Merlot

---

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

## Ingredients & Prep

30ml	Stock & Herb Mix <i>(20ml Beef Stock &amp; 10ml NOMU Provençal Rub)</i>
600g	Free-range Beef Strips
250g	Button Mushrooms <i>wiped down &amp; roughly sliced</i>
2	Onions <i>peeled &amp; finely sliced</i>
10ml	Smoked Paprika
40ml	Cornflour
125ml	Crème Fraîche
160g	Spinach <i>rinsed</i>
480g	Butter Beans <i>drained &amp; rinsed</i>
40ml	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 480ml 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, 5-6 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, 6-8 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, 6-7 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, 4-5 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 160ml 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 20ml 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