

# UCOOK

## Silky Beef Stroganoff

with crème fraîche & mushrooms

A classic dinner with touches of indulgence! Buttery mash potato pairs perfectly with a thick and creamy beef sauce. It is loaded with tender beef strips, mushrooms, crème fraîche, smoked paprika, and onion. Heavy on flavour and heartiness!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

400g	Potato <i>rinse, peel &amp; cut into bite-sized pieces</i>
125g	Button Mushrooms
1	Onion
40g	Spinach
300g	Free-range Beef Schnitzel (without crumb)
15ml	Stock & Herb Mix <i>(5ml NOMU Provençal Rub &amp; 10ml Beef Stock)</i>
25ml	Paprika Flour <i>(5ml Smoked Paprika &amp; 20ml Cornflour)</i>
60ml	Crème Fraîche

## From Your Kitchen

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

**1. MAKE THE MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. PREP STEP** Boil the kettle. Roughly slice the mushrooms. Peel and finely slice the onion. Rinse the spinach. Pat the beef dry with paper towel and cut into 1-2cm thick strips. Dilute the stock & herb mix with 300ml of boiling water.

**3. FRY THE STRIPS** Place a pan over high heat with a drizzle of oil. When hot, fry the beef strips until golden but not cooked through, 30-60 seconds per side. Remove from the pan and season. Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting as they colour).

**4. SENSATIONAL STROG** Add the sliced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the paprika flour and sauté until fragrant, 1-2 minutes. Gradually mix in the diluted stock mix (stirring continuously to prevent lumps). Bring to a simmer and cook until thickened, 4-5 minutes (stirring occasionally).

**5. SO CRÈME-Y!** When the sauce has thickened, add in the beef and simmer until the beef is cooked through, 1-2 minutes. Stir in the crème fraîche and the rinsed spinach until combined, 1-2 minutes. Season.

**6. YUM** Plate up the buttery mash and side with the silky beef stroganoff. Well done, Chef!

## Nutritional Information

Per 100g

Energy	415kJ
Energy	99kcal
Protein	8.1g
Carbs	9g
of which sugars	1.5g
Fibre	1.6g
Fat	3g
of which saturated	1.7g
Sodium	44mg

## Allergens

Allium, Sulphites, Cow's Milk

Cook  
within 3  
Days