



UCCOOK

Mustardy Mushroom Stroganoff

with fluffy basmati rice

What do you get when you combine a creamy wholegrain mustard sauce, golden, exotic mushrooms, fluffy basmati rice, silky onion, earthy spinach, and a garnish of fresh parsley? A mmmouthwatering meal, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

Veggie

Painted Wolf Wines | The Pack Darius
Carignan 2020

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

Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
60g	Spinach <i>rinse & roughly shred</i>
300g	Mixed Exotic Mushrooms <i>wipe clean & roughly slice</i>
2	Onions <i>peel & finely slice 1½</i>
2	Garlic Cloves <i>peel & grate</i>
180ml	Creamy Mustard <i>(150ml Crème Fraîche & 30ml Wholegrain Mustard)</i>
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Sugar/Sweetener/Honey

1. RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, mix in the shredded spinach, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. MUSHIES Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms until golden, 6-7 minutes (shifting occasionally). Add the sliced onions and fry until soft, 4-5 minutes. Add the grated garlic and fry until fragrant, 1-2 minutes.

3. STROG Add 300ml of water and the creamy mustard to the pan. Simmer until warmed through and slightly thickening, 3-4 minutes. Remove from the heat, add a sweetener (to taste), and season.

4. TIME TO EAT Make a bed of the fluffy rice and spoon over the mushroom stroganoff. Garnish with a sprinkle of the chopped parsley and enjoy, Chef!

Nutritional Information

Per 100g

Energy	630kj
Energy	151kcal
Protein	3.8g
Carbs	23g
of which sugars	2.3g
Fibre	1.8g
Fat	4.5g
of which saturated	2.5g
Sodium	47mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days