



U C O O K

— COOKING MADE EASY

SPEEDY BEEF STROGANOFF

with button mushrooms & brown basmati
rice

Whip up a nutritious family favourite in a flash! Our hearty stroganoff sauce is infused with fragrant herbs and spices, littered with golden mushrooms, and doused in silky smooth cottage cheese.

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Samantha Finnegan



Health Nut

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Ingredients & Prep

300ml	Brown Basmati Rice
600g	Free-Range Beef Stroganoff
250g	Button Mushrooms <i>roughly sliced</i>
30ml	Stock & Herb Mix <i>(20ml beef stock & 10ml dried oregano)</i>
2	Onions <i>peeled & finely sliced</i>
10ml	NOMU Roast Rub
40ml	Corn Flour
200g	Peas
80g	Green Leaves <i>rinsed</i>
40ml	Cabernet Sauvignon Vinegar
80ml	Smooth Cottage Cheese

From Your Kitchen

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

1. STEAMY RICE Rinse the rice and place in a pot. Submerge in 750ml of salted water. Pop on a lid and bring to the boil. Once boiling, reduce the heat and simmer for 20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Fluff with a fork on completion.

2. STROGANOFF START-OFF Boil the kettle. Place a large pan over a high heat with a drizzle of oil. When hot, fry the beef stroganoff for 2-3 minutes until browned all over and cooked through, shifting occasionally. You may need to do this step in batches. Remove from the pan on completion, season to taste, and set aside in a bowl. Keep the pan over the heat and add another drizzle of oil. When hot, pan fry the sliced mushrooms for 7-8 minutes until golden, shifting occasionally. On completion, add to the bowl of beef stroganoff.

3. KEEP ON GOIN' Dilute the Stock & Herb Mix with 500ml of boiling water. Return the pan (leaving the mushroom-infused oil in it!) to a medium heat and add a knob of butter. When hot, fry the sliced onion for 4-5 minutes until soft and translucent. Add the Roast Rub and fry for a further 1-2 minutes until fragrant, shifting continuously so the spice doesn't burn. Mix in the corn flour and cook for about a minute, stirring constantly. Gradually pour in the diluted Stock & Herb Mix, stirring to prevent it from lumping. Once combined, bring to a gentle simmer and cook for 8-10 minutes until thickened and silky.

4. FRESHEN UP While the sauce is reducing, submerge the peas in hot water for 2-3 minutes until heated through. Drain on completion. Place the rinsed green leaves in a bowl with half of the drained peas. Toss through some olive oil and the cab sauv vinegar to taste. Season to taste and set aside for serving.

5. FINISH UP Once the sauce has thickened, add the cooked beef stroganoff and mushrooms to the pan. Stir through the sauce for 1-2 minutes until the meat has reheated. Remove from the heat on completion. Mix in the smooth cottage cheese and season to taste.

6. DISH UP Make a bed of nourishing rice. Top with spoonfuls of the saucy beef stroganoff and sprinkle over the remaining peas. Side with the green garden salad and there you have it, Chef!

Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, nutty texture!

Nutritional Information

Per 100g

Energy	515kj
Energy	102Kcal
Protein	7.9g
Carbs	8g
of which sugars	1.5g
Fibre	2.3g
Fat	4.2g
of which saturated	1.1g
Sodium	246mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days