

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!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

600g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
190g	Button Mushrooms
2	Onions
60g	Spinach
450g	Free-range Beef Schnitzel (without crumb)
22,5ml	Stock & Herb Mix <i>(7,5ml NOMU Provençal Rub & 15ml Beef Stock)</i>
37,5ml	Paprika Flour <i>(7,5ml Smoked Paprika & 30ml Cornflour)</i>
90ml	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, 20-25 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 1½ of the onions. Rinse the spinach. Pat the beef dry with paper towel and cut into 1-2cm thick strips. Dilute the stock & herb mix with 450ml 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, 6-7 minutes (shifting as they colour).

4. SENSATIONAL STROG Add the sliced onion and fry until soft, 4-5 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, 6-7 minutes (stirring occasionally).

5. SO CRÈME-Y! When the sauce has thickened, add in the beef and simmer until the beef is cooked through, 2-3 minutes. Stir in the crème fraîche and the rinsed spinach until combined, 2-3 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