

UCCOOK

Creamy Beef Strog & Mash

with a sun-dried tomato salad & button mushrooms

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	430kJ	2850kJ
Energy	103kcal	682kcal
Protein	6.6g	43.8g
Carbs	10g	64g
of which sugars	2.6g	17.3g
Fibre	1.6g	10.9g
Fat	3.2g	21.3g
of which saturated	1.2g	7.9g
Sodium	45mg	295mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
7.5ml	15ml	Herbed Beef Stock <i>(5ml [10ml] Beef stock & (2.5ml [5ml] Nomu One for All Rub)</i>
150g	300g	Beef Rump Strips
65g	125g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
2,5ml	5ml	Smoked Paprika
5ml	10ml	Cornflour
40ml	80ml	Sour Cream
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>roughly slice</i>
10ml	20ml	Balsamic Vinegar

From Your Kitchen

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

1. MASH Place the potato 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. GET GOING Boil the kettle. Dilute the herbed beef stock mix with 120ml [240ml] of boiling water and set aside.

3. 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, 30-60 seconds. Season and set aside in a bowl. Return the pan to a medium-high heat with another drizzle of oil and a knob of butter (optional). Fry the mushrooms until golden, 4-5 minutes (shifting occasionally). Remove from the pan and add to the bowl of beef strips.

4. SAUCE Return the pan, wiped down, to medium heat with a drizzle of oil. Sauté the onion until soft, 5-6 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, 3-4 [4-5] minutes (stirring occasionally).

5. SO CREAMY! When the sauce has thickened, add the beef and the mushrooms. Simmer until warmed through, 1-2 minutes. Remove from the heat, mix in the sour cream and season.

6. SALAD In a salad bowl, combine the salad leaves, the sun-dried tomatoes, the balsamic vinegar, and a drizzle of olive oil.

7. YUM! Smear the silky mash on the plate and top with the creamy beef stroganoff. Serve the salad on the side. Delish, Chef!