



# UCOOK

## Beef Stroganoff & Butter Bean Mash

**with a sun-dried tomato salad & button mushrooms**

A dinner classic with touches of indulgence! Silky butter bean purée pairs perfectly with a thick and creamy stroganoff sauce. It is loaded with tender beef strips, mushrooms, sour cream, smoked paprika, and onion. Sided with a sun-dried tomato salad for a light finish, this dish may be light on carbs but it is certainly heavy on flavour!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Carb Conscious

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 Creation Wines | Creation Merlot

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## Ingredients & Prep

7,5ml	Stock & Herb Mix <i>(5ml Beef Stock &amp; 2,5ml NOMU Provençal Rub)</i>
150g	Free-range Beef Strips
65g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	Onion <i>peel &amp; finely slice ½</i>
2,5ml	Smoked Paprika
5ml	Cornflour
40ml	Sour Cream
120g	Butter Beans <i>drain &amp; rinse</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
20g	Sun-dried Tomatoes <i>roughly slice</i>
10ml	Balsamic Vinegar

## From Your Kitchen

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

**1. GET GOING** Boil the kettle. Dilute the stock & herb mix with 120ml of boiling water and set aside.

**2. 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 medium-high heat with another drizzle of oil and a knob of butter (optional). When hot, fry the sliced mushrooms until golden, 4-5 minutes (shifting occasionally). Remove from the pan and add to the bowl of beef strips.

**3. SAUCE** Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, sauté the sliced 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 minutes (stirring occasionally).

**4. SO CRÈME-Y!** When the sauce has thickened, add the beef and the mushrooms. Simmer until cooked through, 1-2 minutes. Remove from the heat, mix in the sour cream, and season.

**5. SILKY PURÉE** Place a pot over medium-high heat with the rinsed beans and 40ml of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover to keep warm.

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

**7. YUM!** Smear the butter bean purée on the plate and top with the silky beef stroganoff. Serve the salad on the side. Delish, Chef!



## Chef's Tip

Avoid overcrowding the pan when frying the mushrooms; cook them in batches if necessary. Mushrooms release water, so if there are too many in the pan, they could end up boiled instead of caramelised!

## Nutritional Information

Per 100g

Energy	403kj
Energy	96kcal
Protein	9.2g
Carbs	8g
of which sugars	2.5g
Fibre	2.1g
Fat	3g
of which saturated	1.2g
Sodium	133mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days