

UCCOOK

Creamy Beef Strog & Mash

with a sun-dried tomato salad & button mushrooms

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

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 3 [Serves 4]

600g	800g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
22.5ml	30ml	Herbed Beef Stock <i>(15ml [20ml] Beef Stock & (7.5ml [10ml] Nomu One for All Rub)</i>
450g	600g	Beef Rump Strips
190g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	2	Onions <i>peel & finely slice 1½ [2]</i>
7.5ml	10ml	Smoked Paprika
15ml	20ml	Cornflour
125ml	160ml	Sour Cream
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Sun-dried Tomatoes <i>roughly slice</i>
30ml	40ml	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, 25-30 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 360ml [480ml] 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, 5-6 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, 6-8 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, 5-6 [6-7] 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!