



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!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

Carb Conscious



Creation Wines | Creation Merlot

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Ingredients & Prep

22,5ml	Stock & Herb Mix <i>(15ml Beef Stock & 7,5ml NOMU Provençal Rub)</i>
450g	Free-range Beef Strips
190g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	Onions <i>peel & finely slice 1½</i>
7,5ml	Smoked Paprika
15ml	Cornflour
125ml	Sour Cream
360g	Butter Beans <i>drain & rinse</i>
60g	Salad Leaves <i>rinse & roughly shred</i>
60g	Sun-dried Tomatoes <i>roughly slice</i>
30ml	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 360ml 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, 5-6 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, 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 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 120ml 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