

# UCCOOK

## Creamy Beef Strog & Mash

with a sun-dried tomato salad & button mushrooms

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Painted Wolf Wines | The Den Cabernet Sauvignon

### Nutritional Info

	Per 100g	Per Portion
Energy	368kJ	2440kJ
Energy	88kcal	584kcal
Protein	7.1g	46.8g
Carbs	10g	64g
of which sugars	2.6g	17.3g
Fibre	1.7g	10.9g
Fat	2.3g	15.2g
of which saturated	0.9g	6g
Sodium	44mg	288mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
7,5ml	15ml	Herbed Beef Stock <i>(5ml [10ml] Beef Stock &amp; 2,5ml [5ml] NOMU Provençal Rub)</i>
150g	300g	Beef Strips
65g	125g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	1	Onion <i>peel &amp; finely slice ½ [1]</i>
2,5ml	5ml	Smoked Paprika
5ml	10ml	Cornflour
40ml	80ml	Sour Cream
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>roughly slice</i>
10ml	20ml	Balsamic Vinegar

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter (optional)  
Milk (optional)  
Seasoning (salt & pepper)

**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 stock & herb 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!