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100% Organic

Beef and Mushroom Stroganoff

With Butter Rice and Broccoli



This box contains

All ingredients are 100% organic

250g chestnut mushrooms

2 x garlic cloves

340g diced beef

1 x onion

1 tsp Dijon mustard

50ml crème fraîche (milk)

150g basmati rice

250g broccoli

25g flat leaf parsley

Cooking Time 1 hour



Ingredients & Preparation

Serves: 2

Wash vegetables before use

2 tbsp butter (**milk**)

250g organic chestnut mushrooms, sliced

2 organic garlic cloves, finely chopped

1 tbsp cooking oil

340g diced organic beef

1 organic onion, thinly sliced

1 tsp organic Dijon **mustard**

50ml organic crème fraîche (**milk**)

To serve

1 tbsp butter (**milk**)

150g organic basmati rice, rinsed

250g organic broccoli, cut into florets

25g organic flat leaf parsley, finely chopped

For allergens see ingredients in **bold**

A traditional Russian dish of tender beef in a creamy mushroom sauce, spooned over buttery rice and vegetables – this one is especially perfect for chilly days.

1 Heat 1 tablespoon of butter over a medium heat in a heavy base pan (or a normal non-stick pan). Fry the mushrooms, spreading them out over the base of the pan. Stir in the garlic after a minute. Cook until the mushrooms are tender and golden, about 5 minutes. Set them to one side.

2 Add the olive oil to the same pan and fry the beef in a single layer over medium heat until brown on all sides. Push to one side and melt 1 tablespoon of butter in the pan. Tip in the onions and cook until softened and golden.

3 Add 150ml water to cover the beef and onions and a pinch of salt and black pepper. Bring to the boil and then turn the heat down to low and simmer for 45 minutes on a low heat, or until the meat is tender.

4 Place the rice in a pot along with 200ml of water, half a tablespoon of butter and a pinch of salt. Bring to the boil, turn the heat down to low and let the rice simmer for 5 minutes or until most of the water has been absorbed. Cover and cook on a very low heat for 10 more minutes. Turn the heat off, remove the lid and fluff the rice with a fork, before letting it sit, covered. It will continue steaming and stay warm whilst you finish preparing the meal.

5 While the rice and beef are cooking, blanch the broccoli in boiling salted water until bright green and just tender. Drain well and toss with the remaining half-tablespoon of butter.

6 When the meat is ready, tip in the mushrooms and garlic. Stir and simmer for another minute. Turn the heat off, stir in the Dijon mustard and crème fraîche, and check for seasoning.

7 Finish with a sprinkling of chopped fresh parsley and serve with the rice.

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