Quick beef goulash

This quick and easy beef goulash is comfort food in a pinch. Serve your rich and hearty stew with fettuccine, a dollop of sour cream and fresh chives.

- Serves44
- Cooktime20 mins20 minutes
- Preptime15 mins

Ingredients

- 800g Coles Australian Beef Rump Steak, cut into 2.5cm pieces

- 1 tbs plain flour

- 1 tbs olive oil

- 1 brown onion, cut into thick wedges

- 2 garlic cloves, crushed

- 1 red capsicum, chopped

- 200g white cup mushrooms, quartered

- 1 tbs smoked paprika

- 410g can tomato puree

- ¾ cup (185ml) beef stock

- 500g fettuccine

- ⅓ cup (80g) sour cream

- 1 tbs finely chopped chives

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information here.
Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. **Step 1**

   Combine beef and flour in a bowl. Heat oil in a large deep frying pan over medium-high heat. Add beef, in batches, and cook for 5 mins or until browned all over. Return beef to pan with onion, garlic, capsicum, mushroom and paprika. Cook for 5 mins or until onion softens. Add tomato puree and stock and bring to

a simmer over medium heat. Cook for 5 mins or until beef is just cooked through. Season with salt and pepper.

2. **Step 2**

Meanwhile, cook pasta in large saucepan on salted boiling water until al dente, then drain.

3. **Step 3**

Serve goulash on pasta topped with a dollop of sour cream and sprinkled with chives.