



Everything
But The Chef

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WK35
2015

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Beef Stroganoff

The origin of Beef Stroganoff dates back to mid-19th Century Russia, but has certainly made its way around the world as has been embraced by all. Following history, we've invented our own healthy twist on this classic dish. Paprika adds flavour, yoghurt tenderises the beef and fresh parsley adds freshness. Delicious!

Prep: 10 mins
 Cook: 30 mins
Total: 40 mins

level 1

high protein

winter warmer

Pantry Items: Hot & Boiling Water, Plain Flour, Olive Oil, Worcestershire Sauce



Jasmine Rice



Beef Rump Strips



Brown Onion



Mushrooms



Paprika



Beef Stock Cube



Yoghurt



Parsley



Broccoli

2P	4P	Ingredients
⅔ cup	1⅓ cup	Jasmine rice
1 ½ cups	3 cups	hot water *
1 tbs	2 tbs	plain flour *
300 g	600 g	beef rump strips
1 ½ tbs	3 tbs	olive oil *
1	2	brown onion, finely sliced
1 punnet	2 punnets	mushrooms, halved
1 tsp	2 tsp	paprika
½ cube	1 cube	beef stock
½ cup	1 cup	boiling water *
1 tbs	2 tbs	Worcestershire sauce *
1 tub	2 tubs	yoghurt
1 bunch	2 bunches	parsley, finely chopped
1 head	2 heads	broccoli, cut into small florets

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2190	Kj
Protein	46.4	g
Fat, total	20	g
-saturated	5.7	g
Carbohydrate	35.4	g
-sugars	10.2	g
Sodium	539	mg

Measuretool

0 cm	1 cm	2 cm

A



You will need: *chopping board, chef's knife, sieve, medium saucepan with a lid, bowl, large frying pan, spatula, and a small saucepan.*

1 Place the **Jasmine rice** in a sieve and rinse with water until it runs clear. Place the rice and **hot water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer for **10-12 minutes** or until the rice is soft and the water has absorbed.

2



2 In a medium bowl, add the **plain flour** and season with **salt** and **pepper**. Add the **beef rump strips** and toss until they are well coated.

3



3 Heat half of the **olive oil** in a large frying pan over a medium-high heat and cook the beef in batches for **1-2 minutes**, or until just browned. Remove the beef from the pan and set aside.

4 Return the same frying pan to a medium heat and add the remaining olive oil. Add the **brown onion** and cook stirring for **3 minutes** or until soft. Add the **mushroom** and **paprika** and cook for a further **4 minutes** or until soft. Return the beef to the pan with the combined **beef stock cube**, **boiling water** and **Worcestershire sauce**. Bring to the boil, then reduce the heat to medium-low and simmer for **5 minutes** or until the sauce has slightly thickened. Remove from the heat and stir through the **yoghurt** and **parsley** just before serving.

4



5 Meanwhile, bring a small saucepan of water to the boil. Add the **broccoli** and cook for **2-3 minutes** or until just tender. Drain.

6 To serve, divide the rice between bowls. Spoon over the beef stroganoff and serve with the broccoli on the side.

Did you know? In 1861, the first recorded beef stroganoff in Russia was served without onion and mushrooms.