

8546

gousto

One-Pot Baked Beef Stroganoff Tortiglioni



our kitchen bangers Beats or scan here to unlock Search Spotify for Gousto

Ingredients for 2 [Double for 4 people]:



2 garlic cloves



190g wholewheat tortiglioni **A1**

21g wholegrain mustard **A10**

32g tomato paste







250g British beef



11g beef stock

Special equipment: hob-safe oven-proof casserole dish You need: olive oil, pepper Allergens: A1: gluten, A6: soya, A7: milk, A10: mustard

Sugar

119 Fibre

48g

Protein

Salt

744kcal Calories

Fat

Sat fat

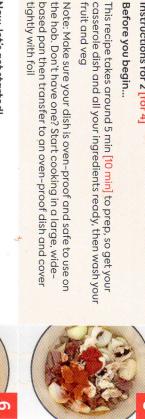
Carbs

(per person, supplied ingredients only, pre-cooking)

Nutritional info

See your delivery email for use-by dates and other details. Remember to wash your fresh fruit, herbs and vegetables!

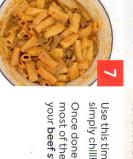
N w browned all over the dish and cook for 2 min or until the beef is very slightly of a knife and remove the skins Peel the brown onion[s] and chop into quarters Add the beef strips, onion quarters and crushed garlic to Crush the garlic cloves open by squashing them with the side matching lid with a drizzle of olive oil over a high heat Heat a large, wide-based oven-proof casserole dish with a Boil a kettle Now, let's get started! Before you begin... Preheat the oven to 220°C/ 200°C (fan)/ gas 7 tightly with foil fruit and veg Instructions for 2 [for 4]







Bring to the boil over a high heat, then cover with a lid and give everything a good mix up wholewheat tortiglioni and 400ml [800ml] boiled water and Add the soy sauce, half [all] the wholegrain mustard, Sprinkle in the beef stock mix and stir wel



for another recipe! Tip: Cooking for 2? Save the remaining wholegrain mustard cooked through put the dish in the oven for 25-30 min or until the pasta is

Use this time to clear up, set the table, have a cup of tea or



most of the **creme fraiche** (save some for garnish!) – this is To serve, dollop the reserved creme fraiche over your beef stroganoff tortiglioni Once done, remove the dish from the oven and stir through



over the reserved smoked paprika Season with a grind of pepper Let everyone dig in! the baked beef stroganoff tortiglioni and sprinkle