

RECIPE BAG  
8546



1 of your 5-a-day

**L** 2 people: 30 min  
4 people: 35 min  
**PREPARED IN 5**

# One-Pot Baked Beef Stroganoff Tortiglioni

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Ingredients for 2 [Double for 4 people]:

- |   |  |
|---|--|
|  1 brown onion           |  2 garlic cloves                |
|  2 tsp smoked paprika    |  190g wholewheat tortiglioni A1 |
|  15ml soy sauce A1, A6   |  21g wholegrain mustard A10     |
|  80g white cup mushrooms |  32g tomato paste               |
|  100g crème fraîche A7   |  250g British beef strips       |
|  11g beef stock mix      |  |

Allergens: A1: gluten, A6: soya, A7: milk, A10: mustard

You need: olive oil, pepper  
Special equipment: hob-safe oven-proof casserole dish  
Remember to wash your fresh fruit, herbs and vegetables!  
See your delivery email for use-by dates and other details.

## Nutritional info (per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
744kcal	27g	13g	75g
Sugar	Fibre	Protein	Salt
13g	11g	48g	3g



1

## Instructions for 2 [for 4]

### Before you begin...

This recipe takes around 5 min [**10 min**] to prep, so get your casserole dish and all your ingredients ready, then wash your fruit and veg

Note: Make sure your dish is oven-proof and safe to use on the hob. Don't have one? Start cooking in a large, wide-based pan then transfer to an oven-proof dish and cover tightly with foil



2

### Now, let's get started!

Preheat the oven to 220°C / 200°C (fan) / gas 7

Boil a kettle

Heat a large, wide-based **oven-proof casserole dish** with a matching lid with a drizzle of **olive oil** over a high heat

Peel the **brown onion** [**5**] and chop into quarters



3

Crush the **garlic cloves** open by squashing them with the side of a knife and remove the skins



4

Add the **beef strips**, **onion quarters** and **crushed garlic** to the dish and cook for 2 min or until the beef is very slightly browned all over



5

While the beef is browning, roughly crumble in the **white cup mushrooms**, then add in the **tomato paste** and most of the **smoked paprika** (save a pinch for garnish!)



6

Sprinkle in the **beef stock mix** and stir well

Add the **soy sauce**, half [**call**] the **wholegrain mustard**, **wholewheat tortiglioni** and 400ml [**800ml**] **boiled water** and give everything a good mix up

Bring to the boil over a high heat, then cover with a lid and put the dish in the oven for 25–30 min or until the pasta is cooked through

Tip: Cooking for 2? Save the remaining wholegrain mustard for another recipe!



7

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

Once done, remove the dish from the oven and stir through most of the **crème fraîche** (save some for garnish!) – this is your **beef stroganoff tortiglioni**!



8

To serve, dollop the reserved **crème fraîche** over the **baked beef stroganoff tortiglioni** and sprinkle over the reserved **smoked paprika**

Season with a grind of **pepper**

Let everyone dig in!

