

Healthy beef and mushroom stroganoff

Each serving provides 546 kcal, 41g protein, 64g carbohydrates (of which 9g sugars), 14g fat (of which 3.5g saturates), 8g fibre and 1g salt.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 2



Ingredients

- 150g/5½oz brown **basmati rice**
- 1 tbsp light **olive oil**
- 4 **shallots**, finely chopped
- 1 tsp sweet smoked **paprika**
- 1 red **pepper**, seeds removed, roughly chopped
- 200g/7oz **chestnut mushrooms**, thinly sliced
- 2 **garlic** cloves, finely chopped
- 1 tbsp cider **vinegar**
- 1 level tbsp **wholegrain mustard**
- 150ml/5fl oz **beef stock**
- 200g/7oz lean **sirloin** steak, visible fat removed, thinly sliced
- 100ml/3½fl oz fat-free plain **fromage frais**
- 2 level tbsp roughly chopped **gherkins**
- 2 tbsp finely snipped fresh **chives**
- salt and freshly ground **black pepper**

Method

1. Cook the rice according to the packet instructions and keep warm.
2. Meanwhile, heat the oil in a wide frying pan and fry the shallots for 5 minutes, or until softened.

3. Add the paprika, pepper, mushrooms and garlic and fry for 6–8 minutes, or until softened.
4. Add the vinegar and mustard and bring to the boil. Cook until the liquid has almost evaporated. Pour over the stock and cook for 3–4 minutes, or until slightly thickened.
5. Add the steak and cook over a high heat for 2–3 minutes, or until sealed and cooked to your liking.
6. Turn the heat down to low and stir in the fromage frais, gherkins and half the chives. Season.
7. Serve the stroganoff with the rice, garnished with the remaining chives.