

# Beef stroganoff fluffy rice, red onion & parsley pickle



## Nutritional Information (amount per serving)

Calories	Carbs	Sugar	Fat	Saturates	Protein
625kcal	67.gg	10.9g	21.1g	5.5g	37.4g

**Serves 4**

## Ingredients

### For The Rice

- 1 mug (300g) 10-minute wholegrain or basmati rice
- ½ bunch fresh thyme
- 200 g baby spinach

### For The Pickle

- 2 small red onions
- 1 handful gherkins
- 1 bunch fresh flat-leaf parsley

### For The Stroganoff

- 300 g mixed

## Method

Ingredients out • Kettle boiled • Medium lidded pan, medium heat  
• Food processor (fine slicer) • Large frying pan, high heat

### START COOKING

Put 1 mug of rice, 2 mugs of boiling water, the thyme leaves and a pinch of salt and pepper into the medium pan and put the lid on, stirring occasionally • Peel the onions, then finely slice them with the gherkins in the processor and tip into a bowl • Finely slice the parsley stalks and roughly chop the leaves, then toss into the bowl with a swig of gherkin vinegar and a pinch of salt, scrunching together well

Tear or slice the mushrooms into the frying pan with 2 tablespoons of oil, then squash in the unpeeled garlic through a garlic crusher and add two-thirds of the parsley pickle, stirring regularly • Slice the steaks about 1cm thick and toss with salt, pepper, the paprika and the finely grated lemon zest • Tip the mushrooms on to a plate, then add 2 tablespoons of oil and the steak to the pan in one layer, turning when golden

mushrooms

- olive oil
- 3 cloves of garlic
- 2 x 200 g quality sirloin steaks, fat removed
- 1 heaped teaspoon sweet paprika
- 1 lemon
- 1 swig brandy
- 4 heaped tablespoons fat-free natural yoghurt
- 1 swig semi-skimmed milk

Add the spinach to the rice pan and replace the lid • Add the brandy to the steak, carefully light it with a match (if you want), let the flames subside, then return the mushrooms to the pan with the yoghurt and milk and bring to the boil • Transfer the wilted spinach to a nice serving platter, then fluff up and scatter the rice over the top • Spoon over the stroganoff, squeeze and drain the remaining pickle, then scatter over from a height

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