

Webfid00322hero beefstroganoff 74

## Beef Stroganoff

with Farfalle Pasta



30-40min



4 Portions

We've made this popular Russian dinner using clever beef stir-fry strips, so you can have it ready on the table in half the time. With a dash of Worcestershire sauce and a sprinkling of paprika, it has all the more-ish flavour and satisfaction your family could desire!

## What we send

- farfalle pasta <sup>1</sup>
- 2 garlic cloves and parsley
- button mushrooms
- sweet paprika
- light sour cream <sup>7</sup>
- green beans
- Worcestershire sauce <sup>1,4</sup>
- grass-fed beef stir-fry strips
- onion
- tomato paste

## What you'll require

- olive oil
- plain flour <sup>1</sup>
- salt and pepper
- wholegrain mustard <sup>17</sup>

## Utensils

- Colander
- deep frypan
- Kettle
- large saucepan
- medium saucepan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 705.0kcal, Fat 20.0g, Proteins 46.2g, Carbs 82.1g



### 1. Prepare ingredients

Bring a kettle to the boil. Bring a large saucepan of salted water to the boil for the pasta and a medium pan of water for beans. Dice the **onion**. Crush or finely chop the **garlic**. Quarter **mushrooms**, cutting larger ones into small pieces. Combine 2 tbs **flour** and 2 tsp **paprika** in a large bowl. Season with **sea salt and pepper**, if liked. Stir to combine.



### 4. Cook pasta

Meanwhile, cook  $\frac{2}{3}$  of the **pasta** in the large pan of boiling water for 10 mins or until cooked al dente (reserve remaining pasta for another use). Drain.



### 2. Cook beef

Add the **beef strips** to the **flour mixture** and toss to coat. Dissolve **tomato paste** in a jug with 250ml (1 cup) boiling water. Heat 1 tbs **oil** in a large deep frypan over medium heat. Stir-fry the beef, in batches, for 2-3 mins until meat is browned. Remove from pan.



### 5. Cook vegetables

Trim the ends of the **beans** and cut in half. Cook the beans in the medium pan of boiling water for 2 mins. Drain well.



### 3. Add mushrooms

Heat 1 tbs **oil** in same pan over medium-high heat. Cook the **onion** and **garlic** for 3-4 mins. Add **mushrooms** and cook for 3-4 mins. Return **beef** to pan. Pour in the **diluted tomato paste** and stir in the **Worcestershire sauce**. Bring to a simmer, then reduce heat to low and simmer for 8-10 mins until the sauce slightly thickens.



### 6. Get ready to serve

Remove **stroganoff** from the heat and stir in  $\frac{1}{2}$  cup **sour cream**. Season to taste. Divide the **pasta** between bowls and top with the stroganoff. Serve with the **beans** and remaining sour cream, if liked.