

FOR the  
Little ONESPOTATO FRITTERS  
& GOULASH SAUCE

## Quick family Goulash

A speedy family-style goulash served with fresh bread rolls and a dollop of sour cream. It works well in your slow-cooker too!

 30 Minutes 2 Servings Beef

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## FROM YOUR BOX

BABY POTATOES	400g
BEEF MINCE	300g
BROWN ONION	1
GARLIC CLOVE	1
STOCK PASTE	1 jar
CARROT	1
CHOPPED TOMATOES	400g
SOURDOUGH ROLLS	2-pack
SOUR CREAM	1 tub

## FROM YOUR PANTRY

salt, pepper, ground paprika

## COOKING TOOLS

saucepan, large frypan with lid

This dish works well in your slow cooker. Brown the mince and cook with remaining ingredients for around 4 hours. Use 1/4 jar water.

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

**No gluten option** - rolls are replaced with GF rolls.



### 1. COOK the Potatoes

Chop **potatoes** and place in a large saucepan. Cover with water. Bring to a boil and cook for 10 minutes or until tender. Drain, see step 5.

**tip** You can add the potatoes to cook in the sauce if you prefer.



### 2. BROWN the Mince

Heat a large frypan over high heat. Add **mince** and cook for 5 minutes while breaking up lumps with a spoon. Season with **salt and pepper**.

**tip** Add a little oil to the pan if needed.



### 3. AND ONION & SEASONINGS

Peel, chop and add **onion** and **crushed garlic clove**. Stir in **2-3 tsp ground paprika** and add **1/3 jar of stock paste**.

**tip** Use smoked paprika if you prefer, or add some dried oregano for extra flavour.



### 4. SIMMER the Goulash

Slice **carrot** and add to pan with **chopped tomatoes** and **1/2 tin water**. Bring to a boil and simmer, semi-covered, over medium heat for 8-10 minutes or until carrot is tender.

**tip** Grate the carrot if you prefer!



### 5. ADD the Potatoes

Add cooked **potatoes** to goulash and season to taste with **salt and pepper**.

**tip** Add more water if needed.



### 5. FINISH AND SERVE

Slice **bread rolls** (toast if you like!).

Serve **goulash** in bowls with a side of bread rolls. Dollop with **sour cream**.

**tip** If you have some, add fresh herbs for garnish, like parsley or thyme!