



SLOW COOK STROGANOFF PASTA

Soft, slow-cooked beef in a creamy sauce, served with wavy pasta and broccoli.



20 Minutes + 3-4 hours SLOW COOK



Beef



2 SERVINGS

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	60g	32g	89g

FROM YOUR BOX

BEEF CHUCK ROAST	400g
PAPRIKA THYME SPICE MIX	1 tub
MUSHROOMS	200g
BROWN ONION	1
GARLIC CLOVE	1
DIJON MUSTARD	1 small jar
LONG PASTA	500g
BROCCOLI	1
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or Worcestershire sauce)

COOKING TOOLS

large frypan, slow cooker or large pot

No slow cooker? Cook in a large pot with a lid over low heat for 1 1/2 hours, stirring occasionally, until beef is tender. Use 2-3 cups water.

No gluten option - pasta is replaced with GF pasta.

Paprika thyme spice mix: ground paprika, dried thyme, gluten-free cornflour



1. SEASON & BROWN the Beef

Cut **beef roast** into chunks (3cm). Toss with **spice mix, salt and pepper**.

Set slow cooker to high heat. Heat a large frypan with **oil** over high heat. Brown **beef** and add to slow cooker as you go.



2. COOK the MUSHROOMS

Quarter **mushrooms**. Cook in the same pan with a little **oil** until golden. Add to slow cooker.



3. SLOW COOK the STROGANOFF

Dice **onion** and crush **garlic**. Add to slow cooker along with **dijon mustard, 1 tbsp soy sauce (or Worcestershire sauce)** and **3/4 cup water**. Cook for 3-4 hours or until **beef** is tender.

tip Cook on low heat for 6-8 hours instead if you prefer!



4. COOK the PASTA

Bring a large saucepan of water to a boil. Cook **1/2 packet pasta** according to packet instructions. Cut **broccoli** into florets and add for the last 3-4 minutes. Drain.

tip Start this step when the beef has about 20 minutes left.



5. STIR THROUGH SOUR CREAM

Stir **1/2 tub sour cream** through the **beef** until creamy. Adjust seasoning to taste with **salt and pepper**.

tip Add a splash more Worcestershire sauce or soy sauce if needed.



6. FINISH AND SERVE

Divide **pasta** and **stroganoff** among bowls. Serve with **broccoli** and **remaining sour cream**.

tip Serve with a simple side salad or extra greens for a fresh crunch.