

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



4 Servings



Beef

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## FROM YOUR BOX

BABY POTATOES	600g
BEEF MINCE	600g
BROWN ONION	1
GARLIC CLOVES	2
STOCK PASTE	1 jar
CARROTS	2
TOMATO PASSATA	1 jar
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 2 crushed garlic cloves. Stir in **1 tbsp ground paprika** and add 1/2 jar of stock paste.

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



### 4. SIMMER the Goulash

Slice carrots and add to pan with tomato passata and **1/2 jar water**. Bring to a boil and simmer, semi-covered, over medium heat for 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**.



### 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!