

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 | 800g |
| 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**.

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!