



FOR the
Little ones



BROCCOLI
trees

Pasta with
ShREDDED Beef

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  4/6 SERVINGS

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	59g/54g	22g	84g/63
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BEEF CHUCK ROAST	800g	800g + 400g
PAPRIKA THYME SPICE MIX	1 tub	2 tubs
MUSHROOMS	200g	2 x 200g
BROWN ONION	1	1
GARLIC CLOVES	2	3
DIJON MUSTARD	1 small jar	2 small jars
LONG PASTA	500g	500g
BROCCOLI	1	2
SOUR CREAM	1 tub	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 3-4 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** (in batches) 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 **1 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 **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**.

6P - add 3/4 tub sour cream.

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.