

for the
little ones

SauSage StROGaNoff



30 Minutes



2-3 Servings



PORK

Delicious creamy stroganoff sauce with pork sausages served over rice – a speedy version of the classic family favourite.

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FROM YOUR BOX

BASMATI RICE	150g
PORK SAUSAGES	300g
BROWN ONION	1
TOMATO	1
MUSHROOMS	150g
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
SOUR CREAM	1 tub
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground (or smoked) paprika

COOKING TOOLS

saucepan, large frypan

This stroganoff sauce is delicious served over pasta or mash as well if you prefer!

Before you start cooking!

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



1. COOK the Rice

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce to low. Cook for 10-15 minutes or until water is absorbed.

tip Use a rice cooker if you have one!



2. BROWN the Sausages

Heat a large frypan with **oil** over medium-high heat. Add **sausages** and cook for 8-10 minutes or until golden all around. Remove from pan and keep pan over heat for step 4.



3. PREPARE the Veggies

In the meantime, dice **onion** and **tomato**. Slice **mushrooms**. Set aside (separately).

tip If your kids are not fans of mushrooms, you can cook these separately and serve as a topping!



4. COOK the Veggies

Add **oil** to pan if needed. Add onion and cook for 3 minutes until softened. Add remaining veggies with crushed **garlic** and **1 1/2 tsp paprika**. Cook for 6-7 minutes or until softened.



5. FINISH the Sauce

Slice the sausages. Return to pan along with **tomato paste**, **sour cream** and **1 tub water (200ml)**. Simmer for 5 minutes, season with **salt and pepper**.

tip You can add 2 tsp mustard, a stock cube or dried thyme for extra flavour!



6. FINISH AND SERVE

Chop **parsley**.

Serve sausage stroganoff over rice and garnish with parsley to taste.