



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sour Cream


Sour cream is a traditional, fermented dairy product that has been part of the human diet for centuries.


Fermentation of milk products reduces the lactose content (milk sugars).



C4 Beef Stroganoff Pasta

A delicious creamy, garlic mushroom sauce with beef strips tossed through pasta. A classic family favourite!

 20 minutes

 4 servings

 Beef

4 March 2022

Switch it up!

Don't feel like pasta? The beef sauce can be served on mash potato or rice instead! Add fresh chopped parsley at the end if you have some.

FROM YOUR BOX

SHORT PASTA	1 packet (500g)
BEEF STRIPS	500g
BROWN ONION	1
MUSHROOMS	1 bag (300g)
GARLIC CLOVES	2
CARROT	1
MESCLUN LEAVES	1 bag (120g)
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground paprika, soy sauce (see notes), vinegar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

You can use worcestershire sauce for a more authentic flavour if you have some.

You can toss your salad with your favourite pre-made dressing instead of vinegar and olive oil.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions until al dente. Set aside **1/2 cup pasta water** before draining.



2. BROWN THE BEEF

Heat a frypan over high heat. Coat beef with **oil, salt and pepper**. Cook, in batches, for 1-2 minutes until browned. Remove from pan and reduce heat to medium-high.



3. SAUTÉ THE VEGETABLES

Add **oil** to pan. Slice and add onion and mushrooms. Stir in 2 crushed garlic cloves, **2 tsp paprika** and **2 tbsp soy sauce**. Cook for 6-8 minutes until softened.



4. PREPARE THE SALAD

Meanwhile, ribbon or julienne the carrot with a vegetable peeler. Toss with mesclun leaves, **1 tbsp vinegar** and **1 tbsp olive oil** (see notes).



5. TOSS THE PASTA

Stir sour cream, cooked pasta and beef into mushrooms. Loosen with **reserved pasta water**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve pasta with a side of salad.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

