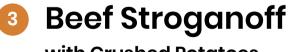


## Product Spotlight: Thyme

Thyme is sold both fresh and dried. Check your kitchen cupboard to see if you have any dried thyme handy – see how it smells and tastes compared with the fresh version. We think both are delicious, but also very different!



# with Crushed Potatoes

A family classic! Tender WA beef strips, satisfying mushrooms, and golden crushed potatoes.



2 November 2020



If you don't feel like stroganoff, make a quick stir-fry using the spring onion, capsicum, beef strips and mushrooms. Season with soy sauce, sweet chilli sauce and/or sesame oil and serve over rice.

M.C. Martine M.

ALX.

### FROM YOUR BOX

BABY POTATOES	400g
BEEF STRIPS	300g
SPRING ONIONS	1/3 bunch *
MUSHROOMS	100g
ТНҮМЕ	1/3 packet *
LEBANESE CUCUMBER	1
GREEN CAPSICUM	1/2 *
	1/2 tub (100g) *
NATURAL YOGHURT	1/2 (00 (1005)

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, Worcestershire sauce (or soy sauce), dijon mustard

### **KEY UTENSILS**

large frypan, saucepan, potato masher (or fork)

### NOTES

If preferred, you can roast the potatoes in the oven.

No beef option – beef strips are replaced with chicken strips. Add to pan at step 3 after cooking the onions.



# **1. COOK THE POTATOES**

Halve or quarter potatoes, place in a saucepan and cover with water (see notes). Bring to the boil and simmer for 10-12 minutes or until tender. Drain and return to pan.



# **2. COOK THE BEEF STRIPS**

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



## **3. COOK THE VEGETABLES**

Slice spring onion, add to pan with 1/2 tbsp oil. Cook for 2-3 minutes. Slice and add mushrooms, 1/2 tbsp mustard, 1/2 tbsp chopped thyme, 1 tbsp Worcestershire sauce and 1/4 cup water. Cover and simmer for 8-10 minutes until tender.



# **4. FINISH THE POTATOES**

Reheat potatoes in pan with **1-2 tbsp olive oil**. Lightly crush with a masher and season with **salt and pepper**.

Slice cucumber and capsicum into sticks. Arrange in bowls or on a serving plate.



# **5. FINISH THE STROGANOFF**

Add the beef and any resting juices to the frypan. Remove from heat and stir through yoghurt. Season with **salt and pepper**.



### **6. FINISH AND PLATE**

Serve stroganoff with crushed potatoes and veggie sticks.

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

