



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!



3 Beef Stroganoff with Crushed Potatoes

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

 25 minutes

 2 servings

 Beef

2 November 2020

Stir-fry

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.

FROM YOUR BOX

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

**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.



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.



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.



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**.



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.



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**

