




Product Spotlight: Mushrooms

Mushrooms are packed with protein, minerals and vitamins, and are in fact one of the few natural sources of vitamin D, which is great for strong, healthy teeth and bones!



G4 Beef Steak Stroganoff with Zoodles

Zucchini and carrot noodles served with a wholesome yoghurt-based mushroom stroganoff sauce and beef steaks.

 25 minutes

 4 servings

 Beef

25 March 2022

Bulk it up!

If you are looking to bulk up this meal serve it with some cooked pasta or mashed potatoes. Dice the zucchini and carrots and cook in a frypan to serve warm.

Per serve: **PROTEIN** 40g **TOTAL FAT** 9g **CARBOHYDRATES** 13g

FROM YOUR BOX

ZUCCHINIS	2
CARROTS	2
BEEF STEAKS	600g
MUSHROOMS	1 bag (300g)
NATURAL YOGHURT	1 tub
PARSLEY	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, balsamic vinegar, 1 stock cube

KEY UTENSILS

large frypan, kettle

NOTES

Add 1 tbsp tomato paste to the mushrooms to give your stroganoff even more flavour!



1. MAKE THE ZOODLES

Boil the kettle.

Julienne or ribbon zucchinis and carrots into noodles using a Julienne peeler/spiralizer, or vegetable peeler, and place in a large bowl.



2. COOK THE STEAKS

Heat a large frypan over medium-high heat. Coat steaks in **oil, salt and pepper**. Cook for 2-4 minutes each side, or until cooked to your liking. Remove steaks to rest and keep pan on heat.



3. COOK THE MUSHROOMS

Slice mushrooms and add to pan as you go, along with **2 tsp smoked paprika** (see notes). Cook, stirring, for 4-6 minutes until mushrooms are golden. Pour in **1 cup water** and crumble in **stock cube**. Simmer for 2 minutes. Remove pan from heat.



4. TOSS THE STEAKS

Stir **2 tsp balsamic vinegar** and yoghurt into pan. Season with **salt and pepper**. Slice steaks and toss through stroganoff. Pour in any resting juices from the steaks.



5. WARM THE ZOODLES

Pour **hot water** over zoodles. Drain the zoodles.



6. FINISH AND SERVE

Thinly slice parsley leaves. Divide zoodles among bowls. Top with stroganoff and garnish with parsley.

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

