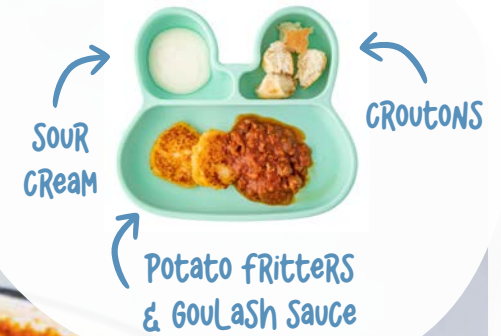


for the
little ones

Quick family Goulash

A speedy family-style goulash served with fresh bread rolls and a dollop of sour cream. It works well in your slow-cooker too!



30 Minutes



2 Servings



Beef

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FROM YOUR BOX

BABY POTATOES	300g
BEEF MINCE	300g
BROWN ONION	1
GARLIC CLOVE	1
STOCK PASTE	1 jar
CARROT	1
CHOPPED TOMATOES	1 tin
SOURDOUGH ROLLS	2-pack
SOUR CREAM	1 tub

FROM YOUR PANTRY

salt, pepper, ground paprika

COOKING TOOLS

saucepan, large frypan with lid

This dish works well in your slow cooker. Brown the mince and cook with remaining ingredients for around 4 hours. Use 1/4 jar water.

Before you start cooking!

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

No gluten option – rolls are replaced with GF rolls.



1. COOK the Potatoes

Chop potatoes and place in a large saucepan. Cover with water. Bring to a boil and cook for 10 minutes or until tender. Drain, see step 5.

tip You can add the potatoes to cook in the sauce if you prefer.



2. BROWN the Mince

Heat a large frypan over high heat. Add mince and cook for 5 minutes while breaking up lumps with a spoon. Season with **salt and pepper**.

tip Add a little oil to the pan if needed.



3. AND ONION & SEASONINGS

Peel, chop and add onion and crushed garlic clove. Stir in **2-3 tsp ground paprika** and add 1/3 jar of stock paste.

tip Use smoked paprika if you prefer, or add some dried oregano for extra flavour.



4. SIMMER the Goulash

Slice carrot and add to pan with chopped tomatoes and **1/2 tin water**. Bring to a boil and simmer, semi-covered, over medium heat for 8-10 minutes or until carrot is tender.

tip Grate the carrot if you prefer!



5. ADD the Potatoes

Add cooked potatoes to goulash and season to taste with **salt and pepper**.



5. FINISH AND SERVE

Slice bread rolls (toast if you like!).

Serve goulash in bowls with a side of bread rolls. Dollop with sour cream.

tip If you have some, add fresh herbs for garnish, like parsley or thyme!