

FOR the  
Little ONES

# Beef StROGanoff

Delicious creamy, garlic stroganoff sauce with beef mince tossed through pasta - a classic family favourite.



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## FROM YOUR BOX

BEEF MINCE	600g
BROWN ONION	1
CARROT	1
GARLIC CLOVES	2
FUSILLI PASTA	1 packet (500g)
SLICED MUSHROOMS	200g
TOMATO PASTE	1 sachet
SOUR CREAM	1 tub
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground or smoked paprika, soy sauce

## COOKING TOOLS

large frypan, saucepan

Make meatballs and serve them in the stroganoff sauce. This dish works well with rice too!

### 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** - pasta is replaced with GF pasta.



### 1. BROWN the Beef

Bring a saucepan of water to a boil (for the pasta).

Heat a large frypan over high heat. Add mince and cook for 5 minutes while breaking up lumps.

**tip** Add a little oil if needed!



### 2. ADD the Vegetables

In the meantime, peel and dice onion and carrot, and crush garlic. Add to frypan and season with **2 tsp paprika, salt and pepper**.

**tip** Grate carrot if preferred, or serve it fresh cut into sticks.



### 3. COOK the Pasta

Add pasta to boiling water and cook according to the packet instructions or until cooked al dente. Drain, see step 5.

**tip** Stir a few times to ensure the pasta doesn't stick together.



### 4. SIMMER the Sauce

Add sliced mushrooms and tomato paste to frypan, cook for 2 minutes. Stir in sour cream, **1 tub water** and **2 tbsp soy sauce**. Cook, covered, for 5 minutes.

**tip** You can use Worcestershire sauce for a more authentic flavour.



### 5. TOSS Pasta & Sauce

Toss drained pasta into sauce and combine well. Adjust seasoning with **salt and pepper** to taste (if needed).

**tip** Toss pasta with some butter or olive oil and serve the sauce separately if it suits your family better.



### 6. FINISH AND SERVE

Chop parsley and sprinkle on top of the stroganoff. Serve at the table.