



Product Spotlight: Button Mushrooms

Button mushrooms begin as small, closed caps with tightly packed gills. As they grow, the caps open, revealing the gills underneath; this gives them their button-like appearance, hence the name "button mushroom".




Slow Cook Beef Stroganoff

with Mashed Potatoes

A lovely family-friendly comfort dinner of diced chuck beef and nutritious mushrooms prepared in the slow cooker and served alongside creamy mashed potatoes.

 30 minutes + 4 hours slow cook

 Beef

 2-3 servings

Leftovers?

*Freeze this dish and enjoy it another day!
You can also transform any leftovers into a
pie with a potato or pastry top! The stew is
also delicious served with pasta or rice.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	79g	25g	75g

FROM YOUR BOX

DICED BEEF CHUCK	400g
PAPRIKA AND THYME SPICE MIX	1 packet
BROWN ONION	1
MUSTARD	1 jar
TOMATO PASTE	1 sachet
MEDIUM POTATOES	3
BUTTON MUSHROOMS	150g
SOUR CREAM	1 tub
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), butter (optional)

KEY UTENSILS

frypan, slow cooker, saucepan

NOTES

You can set the slow cooker to a low heat and cook for 5–6 hours instead.

Replace the cooking water with milk for a creamier mash! Substitute butter with olive oil if desired.

Paprika and thyme spice mix: ground paprika, dried thyme, gluten-free cornflour.



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1. SEASON & BROWN THE BEEF

Set slow cooker to high heat (see notes). Toss beef with spice mix, **salt and pepper**. Heat a large frypan with **oil** over high heat. Brown beef (in batches) and add to slow cooker as you go.



2. PREPARE THE SAUCE

Meanwhile, dice and add onion along with mustard, tomato paste, **1/2 tbsp soy sauce** and **1/2 cup water**. Cook for 3 1/2 hrs (see step 4).



3. COOK THE POTATOES

When there is 30 minutes remaining, peel (optional) and chop potatoes. Place in a large saucepan and cover with water. Bring to a boil and cook for 15 minutes or until soft. See step 5.



4. ADD THE MUSHROOMS

Heat a large frypan with **oil** over medium-high heat. Quarter mushrooms and cook for 5 minutes or until golden. Add to slow cooker along with sour cream and **soy sauce** to taste (we used 1/2 tbsp).



5. MASH THE POTATOES

Reserve **1/2–1 cup cooking water** before draining the potatoes (see notes). Return potatoes to saucepan and mash with cooking water (use to desired consistency) and **1–2 tbsp butter**. Season with **salt and pepper**.



6. FINISH AND SERVE

Season stroganoff with **salt and pepper** to taste. Serve tableside with mashed potatoes and garnish with chopped parsley.

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