



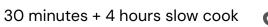


Slow Cook Beef Stroganoff

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.







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.

TOTAL FAT CARBOHYDRATES

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.



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4. ADD THE MUSHROOMS

Heat a large frypan with **oil** over mediumhigh 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.

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



