



### 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 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** 49g **TOTAL FAT** 35g **CARBOHYDRATES** 46g

## FROM YOUR BOX

DICED BEEF CHUCK	400g
PAPRIKA AND THYME SPICE MIX	1 packet
BROWN ONION	1
DIJON MUSTARD	1 jar
TOMATO PASTE (WITH HERBS)	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 (see notes), saucepan

## NOTES

You can set the slow cooker to a low heat and cook for 6–8 hours instead.

If you don't have a slow cooker you can cook this dish in a heavy base pan with lid on the stove instead. Simmer over medium–low heat for half the amount of time. Add more water if needed.

**Protein Upsize Option:** when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.

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



### 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 **3/4 cup water**. Cook for 3 1/2 – 4 hours or until **beef** is tender (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**. 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

