



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".

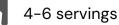
Slow Cook Beef Stroganoff

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.

1 30 minutes + 4 hours slow cook





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.

FROM YOUR BOX

DICED BEEF CHUCK	800g
PAPRIKA AND THYME SPICE MIX	1 packet
BROWN ONION	1
MUSTARD	1 jar
TOMATO PASTE	1 sachet
MEDIUM POTATOES	1kg
BUTTON MUSHROOMS	300g
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 tbsp soy sauce** and **1 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 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 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 2-3 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

