




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

 4/6 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** 50g **TOTAL FAT** 30g **CARBOHYDRATES** 49g

FROM YOUR BOX

	4 PERSON	6 PERSON
DICED BEEF CHUCK	800g	800g + 400g
PAPRIKA AND THYME SPICE MIX	1 packet	2 packets
BROWN ONION	1	1
DIJON MUSTARD	1 jar	2 jars
TOMATO PASTE (WITH HERBS)	1 sachet	2 sachets
MEDIUM POTATOES	1kg	1.5kg
BUTTON MUSHROOMS	300g	300g + 150g
SOUR CREAM	1 tub	1 tub
PARSLEY	1 packet	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 tbsp soy sauce** and **1 cup water**. Cook for 3 1/2 – 4 hours or until **beef** is tender (see step 4).

6P – use **1 1/2 tbsp soy sauce** and **1 1/2 cup water**.



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 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 **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**.

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