



Creamy Beef and Mushrooms

Beef mince and mushrooms cooked in a creamy sauce served on rice with a side of broccoli.



30 minutes



2 servings



Beef

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
BUTTON MUSHROOMS	100g
BEEF MINCE	300g
SOUR CREAM	1 tub
BROCCOLI	1

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground paprika, soy sauce (or tamari)

NOTES

The beef and mushrooms can be served with pasta or mashed potatoes if preferred!

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1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

2. COOK THE BEEF

Heat a frypan over medium heat with **oil**. Dice **onion** and slice **mushrooms**. Add to pan as you go. Add **beef mince**, **2 tsp paprika** and **1 tbsp soy sauce**. Cook for 8–10 minutes until **beef** is cooked through. Take off heat and stir in **sour cream**. Season to taste with **salt and pepper**.

TIP *You can use Worcestershire sauce instead of soy sauce if you have some. Add 1/2 tsp dijon mustard and 1 tbsp tomato paste for depth of flavour.*

3. COOK THE BROCCOLI

Fill a small frypan or saucepan with **water** and bring to a simmer. Cut **broccoli** into small florets. Add to simmering water for 3–5 minutes until tender. Drain and set aside.

TIP *Toss the broccoli with some butter or olive oil. You can add the broccoli on top of the rice as it cooks to steam!*

4. FINISH AND SERVE

Serve **beef** and **mushrooms** with **broccoli** on **rice**.

TIP *Garnish with some fresh chopped parsley if you have some.*

This recipe has simplified instructions to help lower your meal cost.