



Creamy Beef and Mushrooms

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



30 minutes



2 servings



Beef

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
BUTTON MUSHROOMS	150g
BEEF MINCE	300g
SOUR CREAM	1 tub
GREEN BEANS	150g

FROM YOUR PANTRY

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

NOTES

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

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 GREEN BEANS

Fill a small frypan or saucepan with **water** and bring to a simmer. Trim and halve **beans**. Add to simmering water for 3–5 minutes until tender. Drain and set aside.

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

4. FINISH AND SERVE

Serve **beef** and **mushrooms** with **green beans** on **rice**.

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

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