



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Natural Yoghurt


Made with probiotic bacterial cultures, yoghurt is useful for a healthy digestive system. The Greek-style variety is thicker and contains more protein than other yoghurts.



3 Beef Stroganoff

Creamy beef stroganoff with mushrooms and spinach, tossed through red lentil pasta and served with a side of garlic brussels sprouts.

 30 minutes

 4 servings

 Beef

7 September 2020

Spice it up!

Add some dried or fresh thyme to the sauce and a splash of Worcester sauce for added depth of flavour!

Per serve: **PROTEIN** 57g **TOTAL FAT** 7g **CARBOHYDRATES** 54g

FROM YOUR BOX

RED LENTIL RIGATONI	1 packet
BEEF STIR-FRY STRIPS	600g
BROWN ONION	1
MUSHROOMS	200g
TOMATO PASTE	1 sachet
BRUSSELS SPROUTS	300g
BABY SPINACH	1/2 bag (100g) *
NATURAL YOGHURT	1/2 tub (250ml) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground paprika, oyster sauce (or soy sauce/tamari), garlic (1 clove)

KEY UTENSILS

large frypan, frypan, saucepan

NOTES

Pat the beef strips dry with paper towel to remove as much moisture as possible. Cook in batches to encourage browning.

No beef option - beef stir-fry strips are replaced with chicken strips. Increase cooking time to 6-8 minutes or until cooked through.



1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 8-10 minutes or until al dente. Drain and set aside.



2. COOK THE BEEF

Heat a frypan over high heat. Coat beef with **oil, salt and pepper** (see notes). Cook in pan for 1 minute. Remove from pan and reduce heat to medium.



3. COOK THE VEGETABLES

Slice onion and add to pan with **oil**. Slice mushrooms and add to pan along with tomato paste, **1 tbsp oyster sauce** and **1 tsp paprika**. Cook for 5 minutes until softened. Pour in **1 cup water**, cover and simmer for 10 minutes.



4. COOK THE SPROUTS

Meanwhile, trim and quarter brussels sprouts. Heat a frypan over medium-high heat with **oil**. Add sprouts and crush in **1 garlic clove**. Cook for 6-8 minutes until tender. Season with **salt and pepper**. Set aside.



5. FINISH THE STROGANOFF

Return beef to pan with mushrooms and stir through spinach until wilted. Take pan off heat and stir in yoghurt along with cooked pasta. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide stroganoff pasta and brussels sprouts among bowls.

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

