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DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



## Creamy Mushroom Stroganoff

A creamy, comforting vegetarian stroganoff made with button mushrooms, served over fluffy basmati rice and served with a side of greens.



35 minutes



Vegetarian



2 servings

## FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
SWEET POTATO	400g
BUTTON MUSHROOMS	300g
COOKING CREAM	1 tub
BROCCOLI	1

## FROM YOUR PANTRY

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

## NOTES

Dice the sweet potato small, roughly 1cm for a quicker and more even cook time.

You can serve the stroganoff tossed through pasta if preferred.

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## 1. COOK THE RICE

Place **rice** in a saucepan and 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 MUSHROOM STROGANOFF

Heat a large frypan with **oil** over medium-high heat. Dice **onion** and **sweet potato** (1cm), add to pan and cook for 3 minutes until beginning to soften (see notes). Thickly slice **mushrooms** and add to pan along with **2 tsp ground paprika**. Cook for a further 5 minutes until browned. Pour in **cooking cream** and **1 tbsp soy sauce** (or Worcestershire sauce) and **1/2 cup water**. Simmer for 8–10 minutes until **sweet potato** is tender. Season with **salt and pepper** to taste.

**TIP** *Add 1/2 tsp dried or fresh thyme leaves for flavour.*

## 3. BLANCH THE BROCCOLI

Meanwhile, bring a saucepan of water to a boil. Cut **broccoli** into florets and blanch for 2 minutes until just tender. Drain and set aside.

**TIP** *Toss with butter, salt and pepper for flavour. Add broccoli to cook with the mushrooms for a one pot dish if preferred.*

## 4. FINISH AND SERVE

Divide **rice** among bowls and top with **mushroom stroganoff**. Serve with **blanched broccoli** on the side.

**TIP** *You can garnish the dish with fresh chopped parsley if you have some.*

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