



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



4/6 servings

## FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BROWN ONION	1	2
SWEET POTATO	400g	400g
BUTTON MUSHROOMS	2 x 300g	3 x 300g
COOKING CREAM	1 tub	2 tubs
BROCCOLI	1	2

## 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 **600ml 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.

**6P-** use 900ml water.

## 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.

**6P-** season with 2 tbsp soy sauce, add more water to loosen if needed.

**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.**