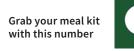


Quick Beef Stroganoff & Garlic Mash with Steamed Veggies & Flaked Almonds

NEW

KID FRIENDLY







Potato





Green Beans

Carrot



Beef Strips

Herb & Mushroom Seasoning



Tomato Paste

Light Cooking Cream





Worcestershire Sauce

Flaked Almonds



Prep in: 20-30 mins Ready in: 25-35 mins



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
carrot	1	2
milk*	2 tbs	1/4 cup
butter*	40g	80g
beef strips	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
tomato paste	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
Worcestershire sauce	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2929kJ (700cal)	315kJ (75cal)
Protein (g)	41.2g	4.4g
Fat, total (g)	40.4g	4.3g
- saturated (g)	22.3g	2.4g
Carbohydrate (g)	42.7g	4.6g
- sugars (g)	18.9g	2g
Sodium (mg)	863mg	92.9mg
Dietary Fibre (g)	9.9g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- · Boil the kettle.
- Peel potato and cut into large chunks.
- · Peel garlic cloves.
- · Trim green beans.
- Thinly slice carrot into sticks.

TIP: Leave the potatoes unpeeled to get some extra fibre!



Make the stroganoff

- While the veggies are cooking, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips, tossing, in batches, until browned and cooked through, 1-2 minutes. Transfer to a plate.
- Return frying pan to medium heat with a drizzle of olive oil. Add herb & mushroom seasoning and tomato paste, cook until fragrant, 1 minute.
- Stir in light cooking cream and Worcestershire sauce. Simmer until slightly thickened, 1-2 minutes. Return beef strips to pan, toss to combine and season to taste.



Make the mash & steam the veggies

- Half-fill a large saucepan with boiling water, then add a generous pinch of salt. Cook potato and garlic in the boiling water for 6 minutes. Place a colander or steamer basket on top, then add carrot and green beans.
- Cover and steam until veggies are tender and potatoes are easily pierced with a knife, another 7-8 minutes.
- Transfer veggies to a bowl. Add a drizzle of olive oil and a pinch of salt and **pepper**. Toss to coat and cover to keep warm.
- Drain **potatoes** and return to saucepan. Add the **milk**, **butter** and a pinch of salt and mash until smooth. Cover to keep warm.



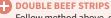
Serve up

- Divide garlic mash and steamed veggies between bowls.
- Top with beef stroganoff and spoon over any remaining sauce.
- Sprinkle over **flaked almonds** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the almonds!











If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

