



# Quick Beef Stroganoff & Garlic Mash

with Steamed Veggies & Flaked Almonds

NEW

KID FRIENDLY

Grab your meal kit with this number

2



Potato



Garlic



Green Beans



Carrot



Beef Strips



Herb & Mushroom Seasoning



Tomato Paste



Light Cooking Cream



Worcestershire Sauce



Flaked Almonds



Beef Strips



Parmesan Cheese

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

Protein Rich

It's so easy to overcomplicate a recipe, so we're taking this back to basics and whipping up a simple garlic mash and steamed veggie number. The tasty beef stroganoff complements the veggies so nicely and will be quickly eaten up in no time!

### Pantry items

Olive Oil, Milk, Butter

## 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	¼ 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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



## 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.

### CUSTOM OPTIONS



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



#### ADD PARMESAN CHEESE

Sprinkle over before serving.



## 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.

