

Hello
FRESH

FEB
2017

Beef Stroganoff

with Peas and Mushrooms

This classic dish originated in Russia in the mid-19th century! Traditionally made with just beef and sour cream, we've gussied this dish up with the addition of hearty mushrooms and sweet green peas to make it extra yummy.

 **Prep**
30 min

 **level 1**



Beef Strips



All-Purpose Flour



Onion



Cremini
Mushrooms



Worcestershire
Sauce



Mirin



Beef Broth
Concentrate



Fresh Fettuccine



Sour Cream



Thyme



Green Peas

Ingredients

		4 People
Beef Strips		1 pkg (570 g)
All-Purpose Flour	1)	1 pkg (2 tbsp)
Onion, chopped		1 pkg (113 g)
Cremini Mushrooms		1 pkg (227 g)
Worcestershire Sauce	3) 5)	1 pkg (4 tsp)
Mirin		1 pkg (3 tbsp)
Beef Broth Concentrate		2 pkg
Fettuccine, fresh	1) 4)	1 pkg (454 g)
Sour Cream	2)	4 pkg (⅔ cup)
Thyme		1 pkg (14 g)
Green Peas		2 pkg (227 g)
Butter*	2)	3 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Fish/Poisson
- 4) Egg/Oeuf
- 5) Sulphites/Sulfites

Tools

Large Pot, Large Non-Stick Pan, Strainer, Measuring Spoons, Large Bowl, Measuring Cups

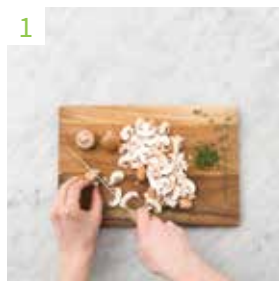
Ruler

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Nutrition per person Calories: 803 cal | Fat: 25 g | Protein: 51 g | Carbs: 91 g | Fibre: 4 g | Sodium: 563 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



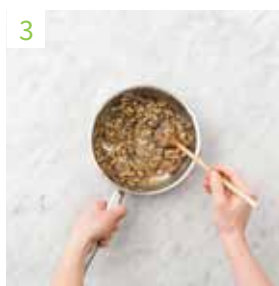
1 Prep: Wash and dry all produce. Thinly slice the **mushrooms**. Strip **2 tbsp thyme leaves** off the stems. Bring a large pot of **salted water** to a boil over medium-high heat.

2



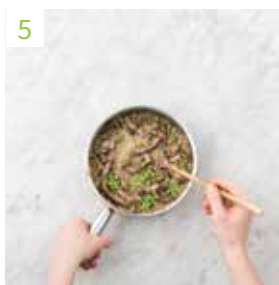
2 Prep and sear the beef: In a large bowl, season the **beef strips** with **salt** and **pepper**. Sprinkle over the **flour**. Toss until well coated. Heat a large non-stick frying pan over medium-high heat. Add a drizzle of **oil**, then the beef. Cook until just browned, 2-3 min. (**TIP:** Cook your beef in batches if your pan is too full-this will prevent the beef from steam-cooking.) Transfer to a plate.

3



3 Start the stroganoff sauce: Add the **butter** to the pan, then the **onion**, **mushrooms** and **thyme**. Cook until the mushrooms are golden, 5-6 min.

5



4 Cook the pasta: Meanwhile, add the **pasta** to the boiling water. Cook until noodles are tender, 2-3 min. Drain.

5 Finish the sauce: Add the **mirin**, **Worcestershire sauce**, **broth concentrates**, **sour cream**, **peas** and **½ cup water** to the **mushroom mixture**. Stir until warmed through, 1-2 min. Stir in the **beef**. Season with **salt** and **pepper**.

6 Finish and serve: Divide the **pasta** between plates, and top with the **stroganoff**. Enjoy!

COOKING TECHNIQUE: To 'sear' means to cook meat quickly at a high temperature until a brown crust forms on the surface (this browning gives your beef lots of flavour!) We recommend cooking beef strips in batches because crowding the pan can cause the meat to steam instead of sear, and you won't get the flavour!

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