



# Breezy Beef Stroganoff

## with Buttered Cauliflower Rice

Carb Smart

30 Minutes



Ground Beef



Cauliflower, florets



Onion, chopped



Mushrooms



Garlic



Beef Broth Concentrate



Sour Cream



Worcestershire Sauce



Parsley



Dijon Mustard

HELLO CAULIFLOWER

*A great low carb alternative for starchy veggies!*

## Start here

Before starting, wash and dry all produce.

## Bust Out

Large pan, box grater, measuring cups, large non-stick pan, measuring spoons

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Cauliflower, florets	285 g	570 g
Onion, chopped	56 g	113 g
Mushrooms	113 g	227 g
Garlic	3 g	6 g
Beef Broth Concentrate	1	2
Sour Cream	6 tbsp	12 tbsp
Worcestershire Sauce	½ tbsp	1 tbsp
Parsley	7 g	14 g
Dijon Mustard	1 ½ tsp	3 tsp
Unsalted Butter*	4 tbsp	8 tbsp
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## Contact

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## 1 Prep

Grate **cauliflower florets** using a box grater. (**TIP:** Use the side with the largest holes!) Slice **mushrooms**. Peel, then mince or grate **garlic**. Finely chop **parsley**.



## 2 Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp butter** (dbl for 4 ppl) and swirl around pan until melted. Add **mushrooms** and **onions**, then season with **salt** and **pepper**. Cook, stirring, until **mushrooms** are golden, 3-4 min. Add **garlic**, then cook, stirring, until **garlic** is fragrant, 30 sec.



## 3 Cook beef

Push **mushrooms** and **onions** to one side of the pan, then add **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 3-4 min.\*\* Season with **salt** and **pepper**. Carefully drain and discard excess fat.



## 4 Finish stroganoff

Add **broth concentrate** and **½ cup water** (dbl for 4 ppl) to the pan. Cook, stirring occasionally, until **sauce** is slightly reduced, 4-6 min. Remove from heat, then stir in **Dijon**, **sour cream** and **half the Worcestershire sauce** (use all for 4 ppl). Stir until mixture is combined and warmed through.



## 5 Cook cauliflower rice

While **stroganoff** cooks, heat a large pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl around pan until melted. Add **cauliflower**, then season with **salt** and **pepper**. Cook, stirring, until **cauliflower** is tender-crisp, 3-4 min. Remove pan from heat. Add **1 tbsp butter** (dbl for 4 ppl) and **half the parsley**. Stir until **butter** melts and coats **cauliflower**.



## 6 Finish and serve

Divide **cauliflower rice** between plates. Spoon **stroganoff** over top. Sprinkle with **remaining parsley**.

## Dinner Solved!