



# HUNGARIAN BEEF GOULASH

with Green Bell Pepper and Parsley



## HELLO GOULASH

A hearty Hungarian beef dish cooked with onions, paprika, tomatoes and green pepper

**PREP: 15 MIN** | **TOTAL: 30 MIN** | **CALORIES: 683**



Beef, strips



Green Bell Pepper



Garlic



Parsley



Basmati Rice



All-Purpose Flour



Onion, chopped



Goulash Spice Blend



Beef Broth Concentrate



Diced Tomatoes



Worcestershire Sauce



Sour Cream



## BUST OUT

- Small Pot
- Measuring Spoons
- Measuring Cups
- Sugar (1/2 tsp | 1 tsp)
- Large Bowl
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Beef, strips 1 pkg | 2 pkg
- Green Bell Pepper 227 g | 454 g
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Parsley 1 pkg (10 g) | 1 pkg (10 g)
- Basmati Rice 1 pkg (3/4 cup) | 2 pkg (1 1/2 cup)
- All-Purpose Flour 1 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Onion, chopped 1 pkg (56 g) | 2 pkg (113 g)
- Goulash Spice Blend 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Beef Broth Concentrate 1 | 2
- Diced Tomatoes 1 can | 2 can
- Worcestershire Sauce 0,1 1 pkg (1 tsp) | 2 pkg (2 tsp)
- Sour Cream 2 1 pkg (3 tbsp) | 2 pkg (6 tbsp)

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.

## START STRONG

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.



**1 PREP** Wash and dry all produce.\* In a small pot, bring **1 1/2 cups salted water** (double for 4 people) to a boil. Core, then cut the **bell pepper(s)** into 1/2-inch pieces. Mince or grate the **garlic**. Roughly chop the **parsley**.



**4 COOK GOULASH** Reduce the heat to medium. Add another drizzle of **oil** to the same pan, then the **peppers, onions, garlic, spice blend** and **1/2 tsp sugar** (double for 4 people). Cook, stirring occasionally, until the onions soften, 4-5 min.



**2 COOK RICE** Add the **rice** to the boiling water. Reduce the heat to low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.



**5 FINISH GOULASH** Add the **broth concentrate(s), diced tomatoes, Worcestershire sauce** and **1 cup water** (double for 4 people). Gently boil, stirring occasionally, until the peppers are tender, 5-6 min. Add the **beef** and stir until warmed through, 2-3 min. Season with **salt** and **pepper**.



**3 SEAR BEEF** Meanwhile, 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 pan over medium-high heat. Add a drizzle of **oil**, then **half the beef**. Cook until browned, 1-2 min. Transfer to a plate. Repeat with the **remaining beef** and transfer to the same plate.



**6 FINISH AND SERVE** Fluff the **rice** with a fork and divide between bowls. Spoon over the **goulash**. Sprinkle with **parsley** and dollop with **sour cream**.

## DELICIOUS!

Finishing the dish with a dollop of sour cream adds an indulgent creamy tang.