



BEEF STROGANOFF

with Sweet Peas and Golden Mushrooms



HELLO

STROGANOFF

This classic Russian dish was created in the mid-19th century

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 811



Beef Strips



All-Purpose Flour



Onion, chopped



Cremini Mushrooms



Worcestershire Sauce



Mirin



Beef Broth Concentrate



Linguine



Sour Cream



Thyme



Peas

BUST OUT

- Large Pot
- Salt
- Large Bowl
- Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Butter (3 tbsp)

INGREDIENTS

4-person

- Beef Strips 2 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 0,1 1 pkg (4 tsp)
- Mirin 1 pkg (3 tbsp)
- Beef Broth Concentrate 2
- Linguine 1 2 pkg (340 g)
- Sour Cream 2 4 pkg (2/3 cup)
- Thyme 1 pkg (10 g)
- Peas 1 pkg (113 g)

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

START STRONG

Sprinkling the beef with a touch of all-purpose flour helps to brown the beef, as well as thicken up the sauce when everything is mixed together.



1 PREP Wash and dry all produce. Laver et sécher tous les aliments. Thinly slice the mushrooms. Strip 2 tbsp thyme leaves off the stems. Bring a large pot of salted water to a boil.



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



3 COOK PASTA Add the pasta to the boiling water. Cook until noodles are tender, 9-11 min. (Drain the pasta when it's done cooking.)



4 COOK MUSHROOMS Meanwhile, add 3 tbsp butter to the same pan, then the onion, mushrooms and thyme. Cook until the mushrooms are golden-brown, 5-6 min.



5 MAKE STROGANOFF Add the mirin, Worcestershire sauce, broth concentrates, sour cream, peas and 1/2 cup water to the mushrooms. 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 beef stroganoff.

EASY PEA-SY!

Green peas are packed with vitamins and fibre.