



Product Spotlight: Green beans


Unlike fruits, which become sweeter the longer they stay on the tree or bush, beans are sweetest when young.





Creamy Chicken Stroganoff

with Rice

Creamy chicken stroganoff stew with mushrooms served on a bed of fluffy rice with tender green beans on the side.

 20 minutes

 2 servings

 Chicken

17 March 2023

Add some herbs!

If you have some fresh herbs at home, add some for garnish! Parsley, chives, thyme, and oregano would all work well!

Per serve: **PROTEIN** 42g **TOTAL FAT** 23g **CARBOHYDRATES** 37g

FROM YOUR BOX

BASMATI RICE	150g
GREEN BEANS	1 bag (150g)
BROWN ONION	1
CHICKEN STIR-FRY STRIPS	300g
TOMATO	1
SLICED MUSHROOMS	1 punnet
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked or ground paprika, dijon mustard, cornflour

KEY UTENSILS

large frypan, saucepan with lid

NOTES

You can slice the beans and cook them with the rice. If you have a steamer basket you can steam the beans instead.

Toss the beans with some butter if preferred.



1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. BLANCH THE BEANS

Bring a frypan of water to a simmer. Trim and halve beans. Add to water and cook for 4-5 minutes until tender. Drain and set aside (see notes).



3. COOK CHICKEN & ONION

Wipe out and dry pan. Reheat with **oil** over medium-high heat. Slice and add onion along with chicken. Cook for 5 minutes. Dice and add tomato, along with **1 tsp paprika, salt and pepper**.



4. SIMMER THE STROGANOFF

Add mushrooms, cook until softened, then stir in **2 tsp dijon mustard**. Mix **2 tsp cornflour** with **1/2 cup water** then add to pan and stir until thickened.



5. STIR IN SOUR CREAM

Add sour cream and combine well. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve chicken stroganoff over rice with a side of beans.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

