



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sour Cream


Sour cream is a traditional, fermented dairy product that has been part of the human diet for centuries.


Fermentation of milk products reduces the lactose content (milk sugars).



## C2 Beef Stroganoff Pasta

A delicious creamy, garlic mushroom sauce with beef strips tossed through pasta. A classic family favourite!

 20 minutes

 2 servings

 Beef

4 March 2022

## Switch it up!

*Don't feel like pasta? The beef sauce can be served on mash potato or rice instead! Add fresh chopped parsley at the end if you have some.*

## FROM YOUR BOX

SHORT PASTA	1/2 packet (250g)
BEEF STRIPS	250g
BROWN ONION	1
MUSHROOMS	1 bag (150g)
GARLIC CLOVE	1
CARROT	1
MESCLUN LEAVES	1 bag (60g)
SOUR CREAM	1 tub

## FROM YOUR PANTRY

oil for cooking, salt and pepper, olive oil, ground paprika, soy sauce (see notes), vinegar (of choice),

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use worcestershire sauce for a more authentic flavour if you have some.

You can toss your salad with your favourite pre-made dressing instead of vinegar and olive oil.

**No gluten option - pasta is replaced with GF pasta.**



### 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions until al dente. Set aside **1/2 cup pasta water** before draining.



### 2. BROWN THE BEEF

Heat a frypan over high heat. Coat beef with **oil, salt and pepper**. Cook, in batches, for 1-2 minutes until browned. Remove from pan and reduce heat to medium-high.



### 3. SAUTÉ THE VEGETABLES

Add **oil** to pan. Slice and add onion and mushrooms. Stir in 1 crushed garlic clove, **1 tsp paprika** and **1 tbsp soy sauce**. Cook for 6-8 minutes until softened.



### 4. PREPARE THE SALAD

Meanwhile, ribbon or julienne the carrot with a vegetable peeler. Toss with mesclun leaves, **1/2 tbsp vinegar** and **1/2 tbsp olive oil** (see notes).



### 5. TOSS THE PASTA

Stir sour cream, cooked pasta and beef into mushrooms. Loosen with **reserved pasta water**. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Serve pasta with a side of salad.

**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**

