



### Product Spotlight: Button Mushrooms



Button mushrooms begin as small, closed caps with tightly packed gills. As they grow, the caps open, revealing the gills underneath; this gives them their button-like appearance, hence the name "button mushroom".



## Slow Cook Beef Stroganoff

### with Mashed Potatoes

A lovely family-friendly comfort dinner of diced chuck beef and nutritious mushrooms prepared in the slow cooker and served alongside creamy mashed potatoes.

 30 minutes + 4 hours slow cook  Beef

August 2023

## Leftovers?

*Freeze this dish and enjoy it another day!  
You can also transform any leftovers into a  
pie with a potato or pastry top! The stew is  
also delicious served with pasta or rice.*

## FROM YOUR BOX

	2 PERSON	4 PERSON
DICED BEEF CHUCK	400g	800g
BROWN ONION	1	1
DIJON MUSTARD	1 jar	1 jar
TOMATO PASTE	1 sachet	1 sachet
MEDIUM POTATOES	500g	1kg
MUSHROOMS	150g	300g
SOUR CREAM	1 tub	1 tub
PARSLEY	1 packet	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, dried thyme, flour (plain or other), soy sauce

## KEY UTENSILS

frypan, slow cooker, saucepan

## NOTES

You can set the slow cooker to a low heat and cook for 5–6 hours instead.

Replace the cooking water with milk for a creamier mash!



### 1. SEASON & BROWN THE BEEF

Set slow cooker to high heat (see notes). Toss beef with **3 tsp paprika**, **1 tsp dried thyme**, **2 tbsp flour\***, **salt and pepper**. Heat a large frypan with **oil** over high heat. Brown beef (in batches) and add to slow cooker as you go.

*\* For 2 people, use 1 tbsp flour.*



### 2. PREPARE THE SAUCE

Meanwhile, dice and add onion along with dijon mustard, tomato paste, **1 tbsp soy sauce** and **1 cup water\***. Cook for 3 1/2 hrs (see step 4).

*\* For 2 people, use 1/2 tbsp soy sauce and 1/2 cup water.*



### 3. COOK THE POTATOES

When there is 30 minutes remaining, peel (optional) and chop potatoes. Place in a large saucepan and cover with water. Bring to a boil and cook for 15 minutes or until soft. To drain, see step 5.



### 4. ADD THE MUSHROOMS

Heat a large frypan with **oil** over medium-high heat. Quarter mushrooms and cook for 5 minutes or until golden. Add to slow cooker along with sour cream and **soy sauce** to taste (we used 1 tbsp).



### 5. MASH THE POTATOES

Reserve **1/2–1 cup cooking water** before draining the potatoes (see notes). Return potatoes to saucepan and mash with cooking water (use to desired consistency) and **2–3 tbsp butter**. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Season stroganoff with **salt and pepper** to taste. Serve at the table with mashed potatoes and garnish with chopped parsley.



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