

Beef Stroganoff

Ingredients (serves 2):

0.5 tbsp light olive oil
1 large onion, finely sliced
3 garlic cloves, finely chopped
2 tsp sweet smoked paprika
1 beef stock cube
200-250ml beef broth (preferably salt reduced)
150g sliced mushrooms (chestnut or button)
1 tbsp Dijon mustard
1 tbsp Tomato Purree (if available)
2 rump steaks (175g each), visible fat trimmed or ~350g pre-cut beef strips
75ml crème fraîche or sour cream
2 tbsp chopped parsley or chives
salt and ground black pepper

To serve (optional)

160g basmati rice, freshly cooked
or
150g pasta or egg noodles

Method

1. Heat the olive oil in a large frying pan over a low-medium heat. Add the onion and cook gently for 10 minutes, or until softened and starting to caramelize.
2. Stir in the garlic and cook gently for 2 minutes. Crumble in the stock cube and stir in the paprika. Cook, stirring, for 2 minutes. Add the beef stock, mushrooms and mustard. Bring to the boil then lower the heat and simmer for 10-15 minutes, or until the volume of liquid has reduced by half.
3. Meanwhile, place a griddle pan over a high heat. Bash the steaks, until about 5mm thick. Spray each side with six sprays of oil and season with salt and pepper. When the griddle is smoking hot, add the steaks and cook for 1 minute on each side. Remove and set aside to rest.
4. Once the sauce has reduced, remove from the heat and stir through the crème fraîche/sour cream, and most of the parsley. Stir in the juices from the resting meat and check the seasoning. Cut the meat into thick slices and stir into the sauce.
5. Serve the stroganoff with rice or pasta.

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