

Quick Beef and Mushroom Stroganoff

Since originating in 19th century Russia, Beef stroganoff has become a popular dish all around the world.

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Cals 750 • Prot 40 • Carbs 105 • Fat 20

Quick & Easy

🕒 18 min

R10



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Stroganoff	2 ppl	3 ppl	4 ppl	
Pulled beef	200	300	400	Grams
Shallots	1	2	2	Piece
Chestnut mushrooms	250	250	500	Grams
Vegetable oil	1	1	1	Tbsp
Salt	0.5	1	1	Tsp
Garlic powder	2	4	4	Grams
Plain flour	10	15	20	Grams
Salted butter	10	10	20	Grams
Worcestershire sauce	15	22	30	ML
Sour cream	90	120	180	Grams
Beef stock cube	1	1	2	Piece
Onion marmalade	28	28	56	Grams
Water	250	375	500	ML
Black pepper	0.5	0.5	1	Tsp
Fresh parsley	15	15	15	Grams
Pasta				
Fettuccine	200	375	400	Grams
Salt	1	1	2	Tsp

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



1 Prep

Peel and finely chop the **shallots**. Roughly chop or tear the **mushrooms**.



2 Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking.



3 Fry

Meanwhile, heat a non-stick pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **mushrooms** and **shallots** with a pinch of **salt** and fry for 5 min. Add the **garlic powder**, **flour** and **butter**. Fry for 1 min further.



4 Sauce

Add the **Worcestershire**, **sour cream**, **stock cube**, **onion marmalade**, **pulled beef** and **measured water** to the pan. Simmer for 5 min or until the **sauce** begins to thicken.



5 Serve

Divide the **pasta** among plates. Top with the **Stroganoff stew** and garnish with a very generous grind of **black pepper** and the **parsley** leaves.



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Pro Tip

These leftovers reheat well! Heat them in a saucepan with a splash of water. Stroganoff can also be served with mashed potatoes or rice.

Tips For Fussy Eaters

Not a fan of mushrooms? Fry them separately to make them easier to avoid!