



## GENERAL MENU SET RECIPE OPTION

# Beef stroganoff

## INGREDIENTS (1 serving)

### FREEZABLE

- 5g (0.2 fl. oz) olive oil
- 20g (0.7oz) butter
- 70g (2.5oz) onions, diced
- 1 garlic clove, grated
- 250g (8.9oz) chuck steak, trimmed of visible fat and cubed
- 25ml (0.8 fl. oz) red wine
- 1 stock cube
- 1 bay leaf
- 1 sprig of fresh rosemary
- 1 sprig of fresh thyme
- 50g (1.8oz) mushrooms, sliced
- 30ml (1.1 fl. oz) sour cream
- 40g (1.4oz) cream cheese, softened
- 145g (5.1oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

A longer recipe in terms of cooking time, but this is an amazing batch recipe to help you stock the freezer up. Also the good news with this is that, once it's cooking you can kick back and relax.

## METHOD

Heat a casserole pot or a heavy bottomed saucepan to a medium heat. Add the oil and butter, gently fry the onions and garlic for 3-4 minutes, crank up the heat and throw your beef in there.

Stir-fry the beef until its nicely colored all over, then lower the heat.

Now add the wine, stock cube, enough water to cover the vegetables and meat. Bring this mixture to the boil and add the bay leaf, thyme, rosemary and mushrooms. Reduce the heat so it's simmering then let it simmer for about 30-40 minutes until the beef is tender.

Just before dishing it up, stir through the sour cream and cream cheese. If you find it a bit thick, then feel free to add a dash of boiling water from the kettle. Make sure its piping hot then serve with a portion of your favorite green vegetables steamed, blanched or boiled.