

BEEF STROGANOFF

INGREDIENTS

- ☐ 5ml Robertsons Paprika
- ☐ 1 clove garlic, crushed
- ☐ 1 onion, sliced
- ☐ 15ml margarine
- ☐ 15ml olive oil
- ☐ 45ml cake flour
- ☐ 300g beef strips
- ☐ 1 punnet button mushrooms, sliced
- ☐ 250ml water
- ☐ 80ml sour cream
- ☐ 1 x [KNORR Beef Stock Pot](#)

METHOD

- Toss beef strips in cake flour to lightly coat then set aside.
- Heat olive oil and margarine together in a pan and gently fry the onion and garlic for 5 minutes or until soft.
- Add the Robertsons Paprika and fry for 2 minutes to release the flavour and smoky aroma.
- Add the beef strips and fry for 5 minutes until well browned.
- Add the sliced button mushrooms and fry for a further 5 minutes to soften the mushrooms.
- Add the KNORR Beef Stock Pot together with the water, stir well and bring to the boil.
- When boiling reduce the heat and allow to simmer for 10 minutes stirring occasionally.
- Stir in the sour cream and allow to simmer for a further 5 minutes.
- Garnish with fresh or dried parsley if desired and serve with rice.
- BETTER FOR YOU TIPS: For a lighter stroganoff replace the sour cream with low fat plain yoghurt and serve with brown rice