

BEEF STROGANOFF



QUICK

15-20 minutes
prep time

HEALTHY

Beef is high in protein and Vitamin B12, which keeps blood cells healthy and prevents tiredness

FAMILY

Serves 5-6

MEALS

This doesn't need to be served with anything else as it contains all food groups.

INGREDIENTS

- 1 kg beef steak for stir frying
- 2 large onions
- 3 garlic cloves - minced
- 250g mushrooms
- 200g fresh spinach
- 1 lv tbs mustard
- 2 stock cubes in 400 ml water
- 75g cashews
- 50-100ml water
- Salt and pepper
- 200g wholemeal rice
- Oil for frying

METHOD

- 1) Pour boiling water over the cashews and leave to soak
- 2) Cook rice according to instructions on pack
- 3) Heat 1 tbs oil in a large frying pan
- 4) Flash fry your steak till brown on the outside but pink in the middle – about 1 minute. Remove the steak and put on a plate
- 5) Slice your onions and mushrooms (start whilst the steak is cooking)
- 6) Add another 1 tbs oil to the pan & sauté your onions, minced garlic and mushrooms, till golden brown. Whilst they are cooking....
- 7) Make up the stock and add 1 level tbs mustard
- 8) Drain the liquid from the cashews but keep it
- 9) Put cashews in a blender and blitz till smooth, with some of the water to make it pourable
- 10) Add the stock and creamed cashews to the vegetables. It may need to simmer to thicken slightly or you may need to add a little more water.
- 11) TASTE – add salt and pepper.
- 12) When ready to serve, mix in the spinach till it has wilted
- 13) Return the steak to the pan to heat through and serve immediately.
- 14) Serve with the rice



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com