



Mushroom Stroganoff with parsley rice

Veggie 25-30 mins

7



Mushrooms



Rice



Worcester Sauce



Creme Fraiche



Mustard



Vegetable Stock



Parsley



Onion



Paprika



Carrot

Pantry Items: Water, Salt, Oil, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, pot with lid

Ingredients

	2P	4P
Mushrooms	250 g	500 g
Rice	150 g	300 g
Worcester Sauce	2 sachets	4 sachets
Creme Fraiche	125 g	250 g
Mustard	2 sachets	4 sachets
Vegetable Stock	1 sachet	2 sachets
Parsley	20 g	40 g
Onion	1 unit	2 units
Paprika	2 sachets	4 sachets
Carrot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	426.5 g	100 g
Energy (kJ/kcal)	2573.2 kJ/ 615 kcal	603.3 kJ/ 144.2 kcal
Fat (g)	26.9 g	6.3 g
Sat. Fat (g)	15.9 g	3.7 g
Carbohydrate (g)	82.5 g	19.3 g
Sugars (g)	13.9 g	3.3 g
Protein (g)	12.6 g	3 g
Salt (g)	2.9 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
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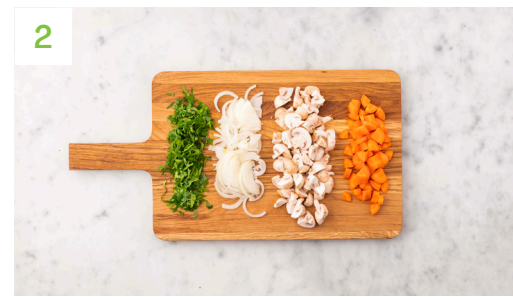
Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins.
- Remove from the heat and leave aside for another 10 mins or until ready to serve (keep covered so the rice can continue to cook in its own steam).



Make the Sauce

- Stir the **vegetable stock powder** into the pan along with 75ml **water** (double for 4p).
- Add the **mustard, Worcester sauce** and **half** the chopped **parsley**.
- Cover and simmer for 8-10 mins. Stir every 4 mins or so to prevent sticking. Loosen with a splash of **water** if necessary.
- Once cooked, remove from the heat and stir through **half** the **creme fraiche**.
- Season to taste with **salt** and **pepper**.



Get Prepped

- While the **rice** cooks, quarter the **mushrooms**. Chop any larger pieces so all are evenly sized.
- Roughly chop the **parsley** (stalks and all).
- Halve, peel and thinly slice the **onion**.
- Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.



Garnish the Rice

- Fluff up the **rice** with the fork.
- Add the remaining chopped **parsley** and mix to ensure it's evenly distributed throughout.



Fry the Veg

- Place a large pan over high heat with a drizzle of **oil**.
- Add the **onion, carrot** and **mushrooms** to the pan and fry until softened, stirring occasionally, 6-8 mins.
- Season with **salt** and **pepper**. Lower the heat to medium-high.
- Add the **paprika** and cook for 1 min more.



Plate and Serve

- Plate the fragrant **mushroom** stroganoff alongside the **parsley rice**.
- Top with a dollop of the remaining **creme fraiche**.

Enjoy!