

Beef Strogan-on

Gluten free



Serves

4-6

Cooking time



Veg per serve



3



Serve with rice or pasta.



Ingredients

- | | |
|----------------------|---------------------------------------|
| 1 brown onion | 2 tbsp Dijon mustard |
| 2 cloves garlic | 2 tbsp salt-reduced beef stock powder |
| 8 mushrooms | 2 tbsp cornflour |
| 1 carrot | 1 cup water |
| 500g beef rump steak | 1 cup fat-reduced Greek yoghurt |
| Spray oil | Pepper |
| 2 cups frozen peas | |
| 2 cups baby spinach | |

Equipment

- | | |
|-----------------|------------|
| Chopping boards | Plate |
| Knife | Small bowl |
| Grater | Spoon |
| Frypan and lid | |
| Large spoon | |
| Medium bowl | |
| Cup measures | |
| Spoon measures | |



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How to make it



1. Chop onion, garlic and mushrooms. Grate carrot. On a clean board, chop beef into small cubes.



2. Spray frypan with oil and turn onto a high heat. Add beef to frypan and cook for 2 minutes until slightly browned. Remove beef from frypan and set aside in a bowl. Cover with plate.



3. Spray frypan with oil and turn down to a medium heat. Add onion and garlic and cook for 1 minute. Add mushrooms and carrot and cook for 5 minutes with the lid on.



4. Add beef, 2 cups each of frozen peas and spinach, 2 tbsp each of Dijon mustard and beef stock to frypan and stir through. Place lid on the frypan and cook for 5 minutes.



5. In a small bowl, mix 2 tbsp of cornflour and 1 cup of water and add to the frypan. Add 1 cup of yoghurt and stir until smooth. Add pepper and stir.



nom!

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