



## Cosy Beef Goulash with Bulgur Wheat

Indulge in the heartwarming flavors of our Cosy Beef Goulash with Bulgur Wheat. This dish features tender beef in a rich, savoury goulash sauce creating a delightful harmony for your taste buds. A traditional Stew of Hungary - The origins of goulash have been traced to the 9th century, to stews eaten by Magyar shepherds.

### Nutritional Info

Calories: 213.5 kcal  
Carbohydrates: 32.5 g  
Protein: 10 g  
Fat: 7 g

### Ingredients

- Beef Strips
- Smoked Paprika
- Sour Cream
- Red Pepper
- Fresh parsley
- Vegetable stock cube
- White onion
- Tin of tomatoes
- Garlic clove
- Bulgur wheat

### Your Pantry

- Olive Oil
- Salt & Pepper

### Allergens

Milk (Sour Cream)  
Celery (Stock cube - may also contain traces of Egg, Soya & Mustard)  
Wheat (Bulgur Wheat)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) **Prepare the stock**

Combine the stock cube with 500ml boiling water per cube. Set aside 100ml per person for the bulgar wheat.

### 2) **Prepare the vegetables**

Peel the onion. Cut it in half and then finely slice. Remove the stalk and seeds from the pepper and then cut into strips or cubes. Peel and crush the garlic. Finely chop the parsley.

### 3) **Cook the bulgar wheat**

Place a non-stick saucepan over medium heat and add the bulgur wheat. Toast the bulgar wheat for 2-3 minutes, stirring frequently until it begins to take on a nutty aroma. Pour in 100ml per person of the hot stock. Once the stock is bubbling (it may happen immediately), switch off the heat and cover the saucepan with a lid, leaving for 10-12 minutes while the bulgur wheat absorbs all the fluid.

### 4) **Brown the beef**

Pick a saucepan or frying pan big enough to fit the goulash. Place the pan on medium heat with a drizzle of oil. Once hot, add the beef strips with salt and pepper and stir fry until browned (about 1-2 minutes). Remove from the pan and put the strips on a plate. Set aside for later.

### 5) **Make the goulash sauce**

Place a medium to large saucepan or frying pan on medium heat with a drizzle of oil. Once hot, add the onions and cook slowly with the lid on until soft and golden (about 4-5 minutes). Add the crushed garlic and peppers and cook for 2-3 minutes, then add the paprika and cook for a further 30 seconds. Add the tomatoes, give a good stir, and allow to simmer for another 6-8 minutes.

### 6) **Bring the goulash together**

Just before plating up, add the beef back into the sauce and heat until just warmed through (if you leave the beef in too long, it will go tough). Stir the parsley through the goulash.

### 6) **Plate the dish**

Plate the bulgar wheat and top with the goulash. Garnish with a spoon of sour cream and enjoy.



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