DropChef

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 kcal

Carbohydrates: 32 g

Protein: 10 g

Fat: 7 g

Ingredients

• Beef Strips
• Sour Cream
• Fresh parsley
• White onion
• Garlic clove

• Smoked Paprika
• Red Pepper
• Vegetable stock cube
• Tin of tomatoes
• 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)

METHOD

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 bulgur 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 bulgur wheat

Place a non-stick saucepan over medium heat and add the bulgur wheat. Toast the bulgur 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 bulgur wheat and top with the goulash. Garnish with a spoon of sour cream and enjoy.

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