



Wild Mushroom Stroganoff with Basmati Rice

This is a famous dish of Russian origin with a twist to make it both meat and gluten free! Our velvety stroganoff sauce is made with natural yogurt, smoked paprika, rosemary and fresh tarragon, served with delicate white basmati rice. Try not to fiddle with the mushrooms while they cook, so they become caramelised. Caramelisation = flavour!

Nutritional Info

Calories: 227 kcal
Carbohydrates: 42 g
Protein: 12 g
Fat: 2 g

Ingredients

- Mixed Mushrooms
- Onion
- Garlic
- Green Beans
- Natural Yogurt
- Basmati Rice
- Vegetable Stock Cube
- Fresh Rosemary
- Fresh Tarragon
- Smoked Paprika

Your Pantry

- Olive /Rapeseed Oil

Allergens

Milk (Natural Yogurt)

Celery (Stock Cube)


Stock Cube may also contain traces of Egg, Soya & Mustard

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.



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) **Make the stock**

Combine the stock cube with 500ml of boiling water per cube and set aside 150 ml per person.

2) **Prepare the vegetables**

Slice the mushrooms and onion. Peel and crush the garlic. Chop the rosemary and set aside.

3) **Cook the rice**

Place the rice in a saucepan with a lid and cover over by an inch with hot water. Bring to the boil, turn heat down to low and simmer for 10 min with the lid on. While the rice is cooking move on to the next step.

4) **Start the stroganoff**

In a large pan, fry the onion in some oil for 2-3 minutes. Add in the chopped rosemary and crushed garlic and cook for another minute. Add the mushrooms to the pan and allow them to cook until the juice that comes out of the mushroom has reduced down.

5) **Finish off the stroganoff sauce**

Add in the paprika and cook for 1 minute. Add in the stock and on a high heat reduce it down by half. Add the green beans and cook for 2 minutes. Once reduced, remove the pan from the heat add the yogurt. Then add some freshly chopped tarragon and stir through.

6) **Plate the dish**

Serve the rice with the stroganoff on top.



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