



Irish Lamb & Mushroom Stroganoff with Basmati Rice

Our Irish Comeragh Mountain Lamb roams free range over extensive areas of the Comeragh Mountains. On the mountains, they eat grasses, herbs, wild flowers, heathers and drink natural spring water, all free from chemicals and pesticides. Farming, therefore, barely intrudes on this meat which gives you, a unique, natural, healthy dish from the heart of the Comeraghs direct to your table!

Ingredients

- Lamb Cutlets
- Fresh Tarragon
- Mushrooms
- Natural Yogurt
- Onion
- Smoked Paprika
- Garlic
- Basmati Rice
- Fresh Rosemary
- Vegetable Stock Cube

Your Pantry

- Olive/Rapeseed Oil
- Salt

Nutritional Info

Calories: 451 kcal
Carbohydrates: 77 g
Protein: 26 g
Fat: 9 g

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 500 ml of boiling water per cube and set aside 150ml 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) **Reduce 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. Once reduced, remove the pan from the heat add the yogurt.

6) **Cook the Lamb**

In another pan, over a medium heat, pan-fry the lamb cutlets for 2-3 minutes on each side. Combine with the sauce and reheat. Add some freshly chopped tarragon and stir through.

7) **Plate the dish**

Serve the basmati rice with the lamb stroganoff on top.



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