

HEALTHY EASY BEEF STROGANOFF

RECIPE



☰ Prep: 15 mins
🕒 Cook: 15 mins
🍴 Serves: 2
★ ★ ★ ★ ★

Ingredients

- ▲ 1 1/2 cups pasta shapes (spiral or bows), to make 2 cups cooked
- ▲ spray olive or canola oil spray
- ▲ 2 tbs plain flour
- ▲ 200 g lean beef strip, thinly sliced
- ▲ 1 tbs no-added-salt tomato paste
- ▲ 1 onion, chopped
- ▲ 1 clove garlic, finely chopped
- ▲ 100 g mushroom, chopped
- ▲ 1 carrot, chopped
- ▲ 1/4 cup water
- ▲ 1 tsp reduced-salt vegetable stock powder
- ▲ 1 tbs worcestershire sauce
- ▲ to taste pepper
- ▲ 1 cup frozen green bean
- ▲ 2 tbs reduced-fat plain yoghurt

Method

1. Cook pasta according to packet instructions.
2. Place beef and flour in a plastic bag together, and toss to coat. Discard excess flour.
3. Heat oil in a large, non-stick frying pan and cook beef till golden brown.
4. Add the tomato paste and cook for about 1 minute, then add the vegetables (except the beans) and cook, stirring occasionally for 5-10 minutes.
5. Add water, stock powder, Worcestershire sauce and a good grind of black pepper, stir, and simmer for 5-10 minutes, until

Comment: *To make this dish gluten free, use gluten free pasta and flour, and check sauces for gluten. *Swap Worcestershire sauce for half tomato-sauce, half soy sauce to make this dish seafood-free.

- the sauce has thickened up. Add the beans and heat through.
6. Stir through the yoghurt and serve on pasta with a little more pepper.

Variation: Serve with rice or mashed potatoes instead of pasta and serve green beans on the side



Ingredients for beef stroganoff

Serving Suggestion: If making this in the slow cooker, add the beans and yoghurt just before serving. If freezing this dish, leave out the yoghurt and add just before serving.

Nutrition Information

	per serving	per 100g
Energy	2028 kJ	373 kJ
Protein	39 g	7 g
Fat, total	6 g	1 g
— saturated	1 g	0.3 g
Carbohydrate	60 g	11 g
— sugars	14 g	2 g
Sodium	483 mg	89 mg
Fibre	12 g	2 g