



Quick Beef Stroganoff



DIFFICULTY: EASY



PREPARATION TIME: 10
MINUTES



COOKING TIME: 10 MINUTES



SERVES: 4

Ingredients

2 tblspn olive oil
2/3 cup sliced shallots.
2 clove garlic, finely chopped
300g mushrooms, sliced
500g scotch fillet steak, thinly sliced
4 tblspns red wine (or beef stock)
1/2 cup sour cream
4 tblspns chopped fresh parsley
Salt & pepper to taste

Method

Preheat a non-stick pan on Induction level 8. Add half the oil then fry the shallots & garlic until lightly golden. Add the mushrooms to the pan & continue to cook until the mushrooms are soft & tender. Remove & keep warm.

Add the remaining oil to the pan then add the steak & stir fry for 2 to 3 minutes until brown & just cooked, remove from pan. Deglaze the pan with the red wine then stir in the sour cream, parsley, mushroom mixture and meat. Season with salt & pepper.

Serve with creamy mashed potatoes & steamed vegetables.

Notes

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