



BEEF STROGANOFF WITH RICE

INGREDIENTS

500g Maleny Black Angus beef strips
2 teaspoons butter
1 small brown onion, halved, thinly sliced
1 garlic clove, crushed
2 teaspoons sweet paprika
250g button mushrooms, sliced
250ml (1 cup) hot water
1 Massel beef style stock cube, crumbled
1 tablespoon Worcestershire sauce
1 tablespoon tomato paste
300g (1 1/2 cups) white long-grain rice
85g (1/3 cup) sour cream
1 tablespoon coarsely chopped fresh flat-leaf parsley

METHOD

1. Heat a large non-stick frying pan over high heat. Add half the Maleny Black Angus beef and cook, stirring, for 3 minutes or until brown. Transfer to a heatproof bowl. Repeat with remaining beef.
2. Melt butter in the same pan over medium-high heat until foaming. Add the onion, garlic and paprika and cook, stirring, for 5 minutes or until onion softens. Add the Maleny Black Angus beef, mushrooms, hot water, stock cube, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to low and simmer, covered, for 45 minutes or until beef is tender. (To freeze, see note.)
3. Meanwhile, cook rice in a saucepan of salted boiling water following packet directions until tender.
4. Stir sour cream into beef mixture until just combined. Remove from heat.
5. Place rice in a serving bowl and top with beef stroganoff and parsley.

FREEZING NOTE:

To freeze beef (up to 3 months); cool beef mixture to room temperature. Divide into individual serves and place in small containers. Label, date and freeze. To thaw beef; Place in the fridge for 8 hours. To reheat beef: Place in a saucepan and stir over medium heat until heated through. Continue from step 4.

