



Mushroom 'never enough' stroganoff

with rice noodles



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large deep frying pan, large pot



Pantry items needed: olive oil, freshly ground black pepper



Hands-on: 20 minutes
Ready in: 35-40 minutes



Serves: 2 or 4

With a surprisingly simple list of ingredients, this take on classic stroganoff packs a powerful flavour punch. It gets its creaminess from coconut milk, but unless you cooked it, you would never know it! Super creamy, flavourful and very moreish.

NO ADDED GLUTEN | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Mushrooms	250g	500g
Onion	100g	200g
Boiling water*	½ cup	1 cup
Beef-style stock cube	1	2
Parsley	15g	30g
Olive oil for sauce*	½ tbsp	1 tbsp
Coconut milk	1 carton	2 cartons
Rice noodles	1 packet	2 packets
Olive oil for noodles*	½ tbsp	1 tbsp
Worcestershire tamari	1 tub	1 tub
Freshly ground black pepper*	¼ tsp	½ tsp
Rice flour (if needed)	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Wipe **mushrooms** lightly with paper towel. Slice **mushrooms** into ½ cm-thick slices. Dice **onion**. In a jug, add **boiling water*** and **beef-style stock cube/s** and stir to dissolve. Pick **parsley** leaves and finely chop.

2. Start sauce

In a large deep frying pan over medium heat, add **olive oil for sauce***. When hot, add **onion** and **mushrooms** and cook until starting to brown and most of the moisture is evaporated, about **8 minutes**. Reduce heat to low, add **stock** and **coconut milk** and simmer, uncovered, stirring occasionally, for **8 minutes**.

3. Cook noodles

Fill a large pot ¾-full with water and bring to a boil. Add **rice noodles** and cook for **6 minutes** (tip 1). Drain **noodles** into a sieve and rinse immediately under cold water for **30 seconds**. Return **noodles** to the pot and toss with **olive oil for noodles***.

4. Finish sauce

Add **worcestershire tamari** and **freshly ground black pepper*** to **sauce**. If the **sauce** needs thickening, sprinkle over roughly **half** the **rice flour** and whisk vigorously until smooth. Increase heat to medium and whisk continuously until thickened, about **3 minutes** (tip 2). Add **noodles** and gently toss to coat. Heat until warmed through, about **2 minutes**.

5. Serve

Serve **mushroom 'never enough' stroganoff** into bowls, sprinkle with **parsley** and season with extra **freshly ground black pepper***.

Cooking tips

1. Avoid over-cooking to avoid the noodles break up too much when adding to the sauce.
2. If sauce needs more thickening, add remaining rice flour in small increments until the desired thickness is achieved.

Eat your way
to healthy!



Mushrooms are low in calories but packed with many health-boosting vitamins, minerals, and antioxidants, including vitamins B1, B2, B3, B5, B6, B9, selenium, magnesium, phosphorus, copper, potassium. They are also a source of protein and fibre.

Mushrooms have been linked to a range of health benefits, including lower risk of cancer, heart disease and diabetes, improved immune system, better gut health and weight loss.

Nutritional information*

	Per 520g serve	Per 100g
Energy	2870kJ (686Cal)	553kJ (132Cal)
Protein	14.7g	2.8g
Fat, total	28.9g	5.6g
- Saturated	18.9g	3.6g
Carbohydrate	90.5g	17.4g
- Sugars	6.2g	1.2g
Sodium	907mg	174mg

* Nutritional information is based on averages