



Beef Stroganoff and wild rice

 Medium  30 minutes  Serves 4

INGREDIENTS

600g of fillet steak
2 tbsp vegetable oil
1 large onion
300g mushrooms
3 tbsp butter
2 tbsp flour
500ml beef stock
1 tbsp Dijon mustard
150ml sour cream
Salt and pepper

METHOD

Step 1.

Flatten your fillet steaks and slice into 5mm long strips

Step 2.

Sprinkle your steak with salt and pepper to season

Step 3.

Heat your oil in a large pan, add your steak strips and quickly spread around so it doesn't stick. As soon as your beef starts to brown, remove and place on a plate.

Step 4.

Add a little more oil to the pan, add butter, melt and scrape any brown bits from the pan.

Step 5.

Add your flour, cook and stir for a minute.

Step 6.

Add half your beef broth while stirring, once this has all blended, add the rest of your beef broth.

Step 7.

Add your sour cream and mustard, stirring continuously

Step 8.

Bring your sauce to a simmer and reduce to a medium heat to reduce.

Step 9.

Once your sauce has thickened, add your beef and stir for a minute

Step 10.

Finally, serve over a bed of wild rice