



Buella's BEEF STROGANOFF

For the home cook craving winter comfort, this Beef Stroganoff is quick to make, rich in flavour, and guaranteed to warm you up from the inside out.

PREP TIME 5 MIN
COOKING TIME 20 MIN
SERVES 6 PEOPLE

INGREDIENTS

4 tbsps Cooking with... Salted Butter
1 tsp Cooking with... Crushed Garlic
170 g fresh mushrooms sliced
1 medium onion
500 g Rui Feng Instant Egg Noodles
500 g SPARTA Beef Strips
1/2 cup all purpose flour
2 cups Ina Paarman's Beef Stock
1 cup Lancewood Sour Cream
For The Table Sea Salt and Black Pepper to taste

METHOD

Melt the butter in a large pan over medium heat. Add the mushrooms, onion, and Cooking with... Crushed Garlic. Cook for 5 minutes, until softened. Transfer to a bowl, but do not rinse the pan. Fill a pot with water, bring to a boil, and cook the egg noodles for 7 – 9 minutes, then drain. While the noodles are cooking, melt the remaining butter in the same pan and cook the SPARTA Beef Strips over medium heat until browned. Stir in the flour and cook for 1 minute. Add Ina Paarman's Beef Stock and cook for 2 – 4 minutes, until thickened. Return the mushrooms to the pan, stir in the sour cream, and season with salt and pepper to taste. Let it cook for another 2 – 3 minutes. Garnish with fresh parsley, mint, or coriander and enjoy!

