

Beef stroganoff

Serves 6

Ingredients

- 1 cup uncooked pasta
- 2 teaspoons olive oil
- 1 onion
- 1 carrot
- 2 sticks of celery
- 1 cup (250g) button mushrooms
- 1 tablespoon plain flour
- 350g lean beef strips
- 500ml liquid beef stock, salt reduced
- 2 tablespoons Worcestershire sauce
- 2 tablespoons tomato paste, no added salt
- 2 tablespoons reduced fat natural yoghurt



Method

1. Finely dice onion. Chop carrot. Slice celery and mushrooms.
2. Bring a pot of water to the boil and cook pasta as per packet instructions.
3. Heat half of the oil in a large saucepan, add onion and cook until translucent.
4. Add carrots and celery and cook, stirring, for 2-3 minutes or until soft. Turn down the heat to low and stir through mushrooms.
5. Add flour to a shallow dish. Gently coat the beef strips in flour and set aside.
6. Heat a fry pan with the remaining oil. Add beef strips in batches and cook for 3 minutes or until browned.
7. Add the cooked beef strips to the saucepan with the vegetables. Stir through stock, Worcestershire sauce and tomato paste. Increase heat to medium and cook for a further 10 minutes or until sauce has thickened.
8. Remove from heat and stir through yoghurt.
9. Serve with cooked pasta.

NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 298g		
	Per serve	Per 100g
Kilojoules (kJ)	831	279
Protein (g)	41.6	14.0
Total fat (g)	4.2	1.4
- Saturated fat (g)	101	0.4
Carbohydrates (g)	17.0	5.7
- Sugars (g)	6.5	2.2
Fibre (g)	3.0	1.0
Sodium (mg)	457	153

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines.