







More Than Food
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Mushroom and Spinach Stroganoff with Cardamom Rice

The original stroganoff was named after Count Pavel Stroganoff, a noted 19th century Russian diplomat and military commander. He lived in Paris but longed for the food of his homeland, so instructed his private chef (lucky him!) to create a French-Russian fusion dish ... and the stroganoff was born!

 30 mins

 gluten free

 veggie

 3 of your 5 a day

 healthy



Echalion Shallot (1)



Garlic Clove (1)



Button Mushrooms (1 punnet)



Portobello Mushroom (2)



Flat Leaf Parsley (1 bunch)



Cardamom Pod (6)



Vegetable Stock Pot (1)



Water (350ml)



Basmati Rice (175g)



Mild Paprika (1½ tsp)



Baby Spinach (1 bag)




Sour Cream (1 pot)

2 PEOPLE INGREDIENTS

- Echalion Shallot, sliced
- Garlic Clove, grated
- Button Mushrooms, halved
- Portobello Mushroom, sliced
- Flat Leaf Parsley, chopped
- Cardamom Pod

- 1
- 1
- 1 punnet
- 2
- 1 bunch
- 6

- Vegetable Stock Pot 1
- Water 350ml
- Basmati Rice 175g
- Mild Paprika 1½ tsp
- Baby Spinach 1 bag
- Sour Cream 1 pot

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Sour cream was discovered by accident centuries ago, when cream turned sour, because there were no fridges back then.

Allergens: Celery, Sulphites, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	437 kcal / 1838 kJ	16 g	9 g	60 g	6 g	13 g	3 g
Per 100g	87 kcal / 365 kJ	3 g	2 g	12 g	1 g	3 g	1 g

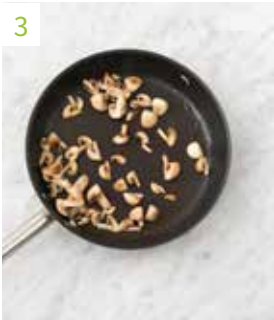
Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser (Tara Gum), Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Cut the **shallot** in half through the root, peel and then slice into very thin half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Cut each **button mushroom** in half and then thinly slice the **portobello mushroom**. Roughly chop the **parsley**. Keep these ingredients to one side.

3



2 Crack the **Cardamom pods** by whacking them with a saucepan. **Tip:** *You only want to break the outer shell and release the seeds inside.* Pop them into a pot with half of the **stock pot**. Add the **water** (as specified in the ingredient list) and then put the pot on high heat. Stir to dissolve the **stock pot**.

3 Heat a large frying pan on high heat and add a splash of **oil**. When the **oil** is hot, add your **button mushrooms** and cook for 5 mins, stirring frequently until browned. When your **button mushrooms** have browned, transfer them to a bowl and add a another splash of **oil** to the pan. Add your **portobello mushroom** and cook for 5 mins, stirring frequently until browned.

4



4 When your stock is boiling, add the **rice** and put a lid on the pot. Lower the heat until your **rice** is simmering gently and leave to cook for 10 mins. After 10 mins, remove the pot from the heat (keep the lid on) and leave your **rice** to finish cooking in its own steam for another 10 mins.

5 When your **portobello mushrooms** have browned, add your **shallot** to the pan and cook for another 3 mins or until softened. Return your **button mushrooms** to the pan along with your **garlic** and **paprika**. Cook for 1 minute more and then add the remaining **stock pot**. Add 4 tbsp of **water** per person and bring to the boil.

6 Cook for another minute, reduce the heat to low and then stir in the **spinach**. Season with a pinch of **salt** and a good grind of **black pepper** and then cook until your **spinach** has wilted completely. Remove your **sauce** from the heat.

5



7 Finish your dish by stirring in half the **sour cream** and all of your **parsley**. Taste your **sauce** again and add more **salt** and **pepper** if you feel it needs it. Your **stroganoff** is now ready!

8 Remove your **Cardamom pods** from your **rice** and then fluff it up with a fork. Serve your **mushroom stroganoff** on top of a bed of **rice** and finish with a drizzle of leftover **sour cream**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!