



Beef and Mushroom Stroganoff

Ingredients

- 3 tbsp Oil, Olive, Salad Or Cooking
- 1 Onions, Raw
- 2 Garlic, Raw
- 400 g Beef, Grass-Fed, Strip Steaks, Lean Only, Raw
- 2 tsp Spices, Paprika
- 1 Peppers, Sweet, Green, Raw
- 250 g Mushroom, white, exposed to ultraviolet light, raw
- 0.25 Salt, Table
- 0.25 Spices, Pepper, Black
- 1 tbsp Parsley, Fresh
- 250 g Basic Creamy White Sauce (see recipe)
- 146 g MAGGI 2-Minute Beef Noodles

Instruction

1. Heat the oil in a pan and fry the onion and garlic and cook for 4-5 minutes.
2. Increase the heat and add the beef strips. Fry for 3 minutes. Add the paprika, red pepper and mushroom and cook for 3 minutes.
3. Add the remaining ingredients and cook for 2 minutes.

Nutrition

Carbohydrates	3.81 g
Energy	1579.86 kcal
Fats	30.53 g
Protein	22.47 g

🕒 13 Minutes

⊕ 6 portions