



Creamy Portobello Mushroom Stroganoff with Spinach and Speedy Rice

Rapid 20 Minutes • 3 of your 5 a day • Veggie

18



Basmati Rice



Closed Cup Mushrooms



Portobello Mushroom



Garlic Clove



Smoked Paprika



Vegetable Stock Paste



Creme Fraiche



Flat Leaf Parsley



Dijon Mustard



Worcester Sauce



Baby Spinach

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, lid, garlic press, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Closed Cup Mushrooms**	225g	375g	450g
Portobello Mushroom**	2	3	4
Garlic Clove**	2	3	4
Smoked Paprika	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste (10)	10g	15g	20g
Creme Fraiche** (7)	75g	120g	150g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Dijon Mustard (9) (14)	10g	15g	20g
Worcester Sauce (13)	15g	23g	30g
Baby Spinach**	100g	150g	200g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	200ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	402g	100g
Energy (kJ/kcal)	1904 /455	474 /113
Fat (g)	14.5	3.6
Sat. Fat (g)	7.9	2.0
Carbohydrate (g)	69.1	17.2
Sugars (g)	7.0	1.7
Protein (g)	12.6	3.1
Salt (g)	2.63	0.65

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard 10) Celery 13) Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

- Boil a half-full kettle.
- When boiling, pour the **water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Parsley Prep

- Meanwhile, roughly chop the **parsley**.



Fry the Mushrooms

- While the **rice** cooks, cut the **closed cup mushrooms** into quarters and thinly slice the **portobello mushrooms**.
- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add all the **mushrooms** and season with **salt** and **pepper**. Cook, stirring occasionally, until browned, 5-6 mins.



Add the Spinach

- Once the **sauce** has thickened, stir in the **Dijon mustard** and **Worcester sauce**.
- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper**.
- Stir in **half** the **parsley**, then remove from the heat.



Add the Flavour

- Turn the heat down to medium-high, then add the **garlic** and **smoked paprika** to the pan. Stir-fry until fragrant, 30 secs.
- Stir in the **water for the sauce** (see pantry for amount) and **veg stock paste**.
- Reserve **2-3 tbsp** of **creme fraiche** in a small bowl, then stir the remaining **creme fraiche** into the **mushrooms**.
- Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



Serve

- Fluff up the **rice** with a fork, then share between your bowls.
- Spoon the **creamy mushroom stroganoff** over the **rice**.
- Finish with a dollop of the **reserved creme fraiche**, then scatter with the remaining **parsley**.

Enjoy!