



Creamy Mushroom Stroganoff with Spinach and Speedy Rice

Rapid 20 Minutes • 2 of your 5 a day • Veggie

18



Basmati Rice



Closed Cup
Mushrooms



Garlic Clove



Smoked Paprika



Vegetable Stock
Paste



Creme Fraiche



Flat Leaf Parsley



Dijon Mustard



Worcester Sauce



Baby Spinach

Before you start

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

Cooking tools

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

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Closed Cup Mushrooms**	375g	600g	750g
Garlic Clove**	2	3	4
Smoked Paprika	1 sachet	1 sachet	2 sachets
Water for the Sauce*	100ml	200ml	300ml
Vegetable Stock Paste 10)	10g	15g	20g
Crema Fraiche** 7)	75g	150g	150g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Dijon Mustard 9) 14)	10g	15g	20g
Worcester Sauce 13)	1 sachet	1½ sachets	2 sachets
Baby Spinach**	100g	200g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	433g	100g
Energy (kJ/kcal)	1909/456	441/105
Fat (g)	15	3
Sat. Fat (g)	8	2
Carbohydrate (g)	67	15
Sugars (g)	6	1
Protein (g)	13	3
Salt (g)	1.65	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

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



Finish the Prep

- In the meantime, roughly chop the **parsley**.



Get Prepped

- Quarter the **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 the **mushrooms** to the pan and season with **salt** and **pepper**. Cook until browned, 5-6 mins, stirring occasionally.



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**. **TIP:** Add a splash of water if it's a little thick.
- Stir in **half** the **parsley**, then remove from the heat.



Add the Flavour

- Turn down the heat slightly 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 ingredients for amount) and **vegetable stock paste**.
- Reserve a couple of tablespoons 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, 4-5 mins.



Serve

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

Enjoy!