



Beef stroganoff with herby pasta

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g beef rump steak trimmed
- ☐ 1 tbsp butter
- ☐ 1 tbsp olive oil
- ☐ 300 g button mushroom
- ☐ 400 g pappardelle pasta
- ☐ 3 shallots finely chopped
- ☐ 1 tbsp flour plain
- ☐ 300 ml beef stock

- ☐ 1 tbsp dijon mustard
- ☐ 1 tbsp tomato purée
- ☐ 3 tbsp crème fraîche
- ☐ 0.5 g pack flat-leaf parsley chopped

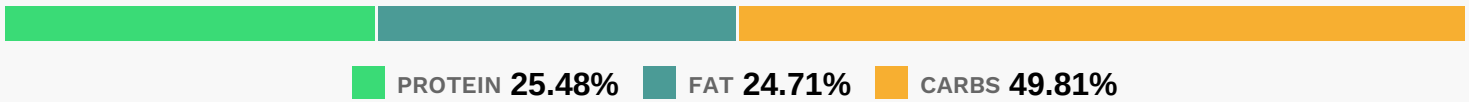
Equipment

- ☐ frying pan

Directions

- ☐ Freeze the beef for 45 mins before you begin, slice as thinly as you can, then season.
- ☐ In a large, non-stick frying pan, melt half the butter with half the oil. Increase the heat, then quickly sear the beef in batches until browned on both sides.
- ☐ Remove the meat and set aside. Repeat with the mushrooms, then set aside with the beef. Boil the pasta.
- ☐ Add the remaining butter and oil to the pan and soften the shallots for a few mins. Stir in the flour for 1 min, then gradually stir in the stock. Bubble for 5 mins until thickened, then stir in the mustard, pure, crme frache and seasoning. Bubble for 1 min more, then return the beef and mushrooms to the pan.
- ☐ Drain the pasta, toss with half the parsley, season, then serve with the creamy stroganoff, sprinkled with the remaining parsley.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:32.26, Inflammation Score:-6, Nutrition Score:29.133043641629%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 643.78kcal (32.19%), Fat: 17.68g (27.2%), Saturated Fat: 6.19g (38.67%), Carbohydrates: 80.19g (26.73%), Net Carbohydrates: 75.25g (27.36%), Sugar: 5.81g (6.46%), Cholesterol: 157.94mg (52.65%), Sodium: 302.81mg (13.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.03g (82.06%), Selenium: 114.72µg (163.89%), Vitamin B3: 13.13mg (65.65%), Phosphorus: 560.77mg (56.08%), Vitamin B6: 1.01mg (50.69%), Manganese: 1mg (49.77%), Zinc: 6.74mg (44.93%), Vitamin B2: 0.6mg (35.46%), Copper: 0.68mg (34.09%), Potassium: 1065.9mg (30.45%), Vitamin B5: 2.81mg (28.13%), Vitamin B12: 1.53µg (25.58%), Iron: 4.59mg (25.49%), Magnesium: 101.18mg (25.29%), Vitamin B1: 0.35mg (23.53%), Fiber: 4.94g (19.77%), Folate: 67.62µg (16.9%), Vitamin E: 1.44mg (9.58%), Calcium: 91.79mg (9.18%), Vitamin K: 6.76µg (6.44%), Vitamin A: 241.13IU (4.82%), Vitamin C: 3.76mg (4.56%), Vitamin D: 0.55µg (3.67%)