



 **55%**
HEALTH SCORE

Wild Mushroom and Venison Stroganoff for Two Lucky People

 **Gluten Free**

READY IN



40 min.

SERVINGS



2

CALORIES



1011 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brandy good
- 1 Knob butter
- 0.7 cup crème fraîche sour
- 1 bunch flat-leaf parsley fresh leaves picked roughly chopped finely chopped
- 1 clove garlic peeled finely sliced
- 9 servings little gherkins sliced
- 1 lemon zest

- 2 servings olive oil extra-virgin
- 1 tablespoon paprika
- 1 medium onion red peeled finely chopped
- 2 servings sea salt and pepper black freshly ground
- 11 ounces loin of swordfish trimmed sliced into finger-sized pieces
- 7 ounces rice white
- 9 ounces exciting mixed
- 9 ounces exciting mixed

Equipment

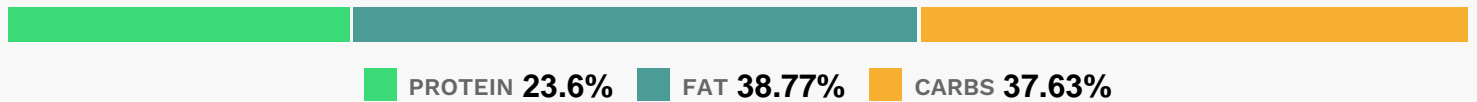
- frying pan
- aluminum foil
- colander

Directions

- Cook the rice according to the package instructions until it's just undercooked and drain in a colander.
- Put the rice back in the pan, cover with aluminum foil and set aside to steam – this will give you incredibly light and fluffy rice.
- Heat a large frying pan on a medium heat and pour in a glug of extra-virgin olive oil.
- Add the onions and garlic and cook for about 10 minutes until softened and golden.
- Remove from the heat and spoon the onions and garlic out of the pan onto a plate. Set aside.
- Season the meat well with salt, pepper and the paprika. Rub and massage these flavorings into the meat.
- Place the frying pan back on a high heat and pour in some more olive oil.
- Add the mushrooms and fry for a few minutes until they start to brown. Then add the meat and fry for a minute or 2 before adding the parsley stalks (you can do this in 2 pans or in batches if your pan is not big enough) and the cooked onion and garlic. Toss and add the butter and brandy.

- You don't have to light the hot brandy, but flaming does give an interesting flavor so I always like to do this. Once the flames die down, or after a couple of minutes of simmering, stir in the lemon zest and all but 1 tablespoon of the creme fraiche and season, to taste. Continue simmering for a few minutes. Any longer than this and the meat will toughen up – it doesn't need long, as it's been cut up so small.
- Serve your fluffy rice on 1 big plate and your stroganoff on another. Simply spoon the remaining creme fraiche over the stroganoff, then sprinkle over the sliced gherkins and the parsley leaves. Eat at once!
- "Our agreement with the producers of "Jamie at Home" only permit us to make 2 recipes per episode available online. Food Network regrets the inconvenience to our viewers and foodnetwork.com users"

Nutrition Facts



Properties

Glycemic Index:131.09, Glycemic Load:49.41, Inflammation Score:-10, Nutrition Score:47.459130660347%

Flavonoids

Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 4.27mg, Myricetin: 4.27mg, Myricetin: 4.27mg, Myricetin: 4.27mg Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg

Nutrients (% of daily need)

Calories: 1010.74kcal (50.54%), Fat: 42.51g (65.41%), Saturated Fat: 16.76g (104.76%), Carbohydrates: 92.86g (30.95%), Net Carbohydrates: 88.04g (32.02%), Sugar: 5.86g (6.52%), Cholesterol: 190.99mg (63.66%), Sodium: 260.83mg (11.34%), Alcohol: 2.51g (100%), Alcohol %: 0.69% (100%), Protein: 58.24g (116.47%), Vitamin K: 485.02µg (461.92%), Vitamin A: 4876.64IU (97.53%), Vitamin B3: 19.25mg (96.25%), Vitamin B6: 1.56mg (78.22%), Manganese: 1.35mg (67.25%), Phosphorus: 654.01mg (65.4%), Vitamin B2: 1.07mg (63.04%), Vitamin C: 47.08mg (57.07%), Selenium: 39.42µg (56.32%), Iron: 10.01mg (55.6%), Zinc: 7.58mg (50.56%), Vitamin B12: 3.03µg (50.54%), Vitamin B1: 0.59mg (39.24%), Copper: 0.69mg (34.44%), Potassium: 1164.49mg (33.27%), Vitamin E: 4.88mg (32.56%), Vitamin B5: 2.92mg (29.2%), Magnesium: 106.62mg (26.65%), Folate: 82.87µg (20.72%), Fiber: 4.82g (19.26%), Calcium: 184.4mg (18.44%)