

CREAMY BEEF AND MUSHROOM STROGANOFF

Equipment

None

Ingredients

| | | |
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| 1 | lb | egg fettuccine (dry weight) |
| 4 | tbsp | butter (divided) |
| 1 | med | onion |
| 4 | clove | garlic, crushed or minced |
| 1 | lb | mushrooms, sliced |
| 24 | oz | beef |
| 2 | tsp | dijon mustard |
| 1 | tsp | paprika (smoky or mild) |
| 1/3 | cup | dry white wine |
| 2 | cup | beef broth |
| 2 | tbsp | flour |
| 1 | tbsp | Worcestershire sauce |
| 1 | cup | light sour cream (or Greek yogurt) |
| | | salt and pepper to taste |
| | | fresh parsley, chopped |



Directions

- Boil the pasta in a large pot of boiling salted water according to packet instructions until al dente. Remove; strain and set aside.
- While pasta is boiling, melt 2 tablespoons of butter in a large non-stick frying pan over medium heat. Sear the steak in single layer batches until browned; transfer to a separate plate and set aside until all batches are done.
- Melt the remaining butter in the pan; add the onions and sauté until transparent, then add the garlic and fry until just fragrant (about 30 seconds). Add the mushrooms and cook until the mushrooms are tender and cooked through (about 4 minutes). Mix in the mustard and paprika.
- Add the wine and cook for about 3 minutes while stirring occasionally to mix all of the flavours through, deglazing the pan while scraping any browned bits off the bottom of the pan with your spoon. Allow wine to reduce down to about half the amount (about 3 minutes).
- While wine is reducing down, grab a small jug and whisk together the beef broth (or stock), flour and Worcestershire sauce until smooth. Pour the beef broth mixture into the pan, mix well and bring to a simmer for about 5 minutes, stirring occasionally until the sauce begins to thicken.
- Return the beef and any juices from the plate to the pan and season with any extra salt and pepper (if desired). Reduce heat down to low and mix in sour cream. Heat until hot (do not boil).
- Add the pasta or noodles into the pan and garnish with parsley.