



A&M Meats Quick Beef and Mushroom Stroganoff

Serves 4 Cook 15 mins

Ingredients

1 ½ cups washed, white rice
3 cups water
½ a bunch of fresh thyme
100 g baby spinach
Salt
300 g mixed gourmet mixed mushrooms, sliced
olive oil
1 red onion
3 cloves of garlic, crushed
400g sirloin steaks, trimmed and cut into strips
2 teaspoons sweet paprika
1 lemon
Dash of brandy
2/3 cup fat-free natural yoghurt
2 tablespoons skimmed milk

Method

In a rice cooker add 1 ½ cups rice and 3 cups of boiling water, add the thyme leaves and a pinch of salt, stir. Place lid on and allow to cook. Near the end of cooking time add the baby spinach and stir into the rice, replace lid and allow the rice to finish cooking.

In a non-stick frying pan add 2 tablespoons of oil, sliced mushrooms, the sliced onion, garlic and cook on high heat, stirring regularly. Remove mushrooms from heat and tip onto a plate. Slice the steaks about 1cm thick and toss with salt, pepper, the paprika.

Return pan to the heat and add 2 tablespoons of oil, add the steak to the pan in one layer, turning when golden, add the brandy.

Return the mushroom medley to the pan, add the yoghurt and milk. Bring to the boil, stir. Stir in the parsley and the lemon zest.

Serve with spinach rice.