



Stewed Steak Stroganoff



Ingredients

2 x 392g can Princes stewed steak
1 large onion, sliced
4 cloves garlic
Handful sliced mushrooms
1 tsp paprika
100ml single cream
Handful of fresh spinach
1 mug brown rice
2 mugs water
Olive oil
Salt & pepper

 Serves
4

 Prep
10 mins

 Cooking
20 mins

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	122Kcal	1.2g	4.4g	2.1g	0.36g
RI%	26%	6%	27%	45%	27%

Method

1. Pan fry the onion in a splash of olive oil over a medium heat for about 5 minutes
2. Season and add the garlic and mushrooms, then continue to pan fry for another 5 minutes
3. Add the paprika and stewed steak, and continue to cook for a few more minutes until piping hot
4. Add the cream and spinach, season to taste and simmer for a few minutes
5. Serve the stroganoff with the microwaveable rice

