Healthy Beef Stroganoff

Recipe supplied by Australian Beef.

Ingredients

600 g lean beef rump steak, fat trimmed, cut into strips

2 tbsp olive oil

1 tbsp smoked paprika + extra, to serve

1 small red onion, thinly sliced

250 g brown mushrooms, thinly sliced

1 and 1/2 tbsp Worcestershire sauce

3/4 cup salt reduced beef stock

1 and 1/2 tbsp Black & Gold tomato paste

150 g Black & Gold sour cream

60 g baby spinach, chopped

Parsley leaves, chopped, cooked Black & Gold pasta of choice, steamed green beans, broccolini, and lemon wedges, to serve.

Method:

1. Place beef strips, half the oil and paprika in a snap lock bag. Season. Heat a large non-stick frying pan over medium-high heat. Cook beef, in batches, for 1-2 minutes, turning as required. Set aside on a plate loosely covered with foil.

2. Add remaining oil to pan, add onion and cook for 3-4 minutes or until softened. Add mushrooms and cook for 2-3 minutes or until lightly browned. Add Worcestershire, stock and tomato paste, stir well and bring to the boil. Reduce heat and simmer for 2 minutes.

3. Stir in sour cream or yoghurt and simmer for 1-2 minutes or until slightly thickened. Return beef and any juices to pan and heat through for a further for 1-2 minutes. Remove from heat and stir through baby spinach.

4. Serve beef stroganoff with pasta, steamed beans and broccolini. Sprinkle with parsley and serve with lemon wedges.