



Beef stroganoff casserole

Serves: 4

Time

Preparation time 15 minutes

Cooking time 1 hour 40 minutes

Ingredients

- 2 teaspoons sunflower oil
- 500g lean beef (casserole steak), diced
- 1 onion, peeled and finely sliced
- 100g mushrooms, cleaned and chopped in half
- 1 red pepper, deseeded and roughly chopped
- 1 garlic clove, peeled and crushed
- 1 teaspoon paprika
- 300ml boiling water
- 100ml low-fat crème fraîche
- 1 handful chopped fresh parsley
- 1 beef stock cube (try to use low-salt)

To serve

- 225g uncooked brown basmati rice



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Method

1. Preheat oven to 150°C or gas mark 2.
2. Heat half the oil in a large frying pan over a moderate heat and fry the diced beef until brown. Remove the beef to a casserole dish while you cook the vegetables.
3. Heat the remaining oil and fry the sliced onions, mushrooms, peppers and garlic for two minutes.
4. Add the vegetables, paprika, water, crème fraîche and parsley to the casserole dish. Sprinkle in the stock cube and stir well.
5. Place a lid onto the casserole dish and cook in the oven for 1 hour and 30 minutes until the beef is tender.
6. Serve with cooked basmati rice (cook according to packet instructions).