

# Mushroom & Beef Stroganoff

*with Iceberg Lettuce & Radish Salad*

Count Pavel Stroganoff, a 19th-Century Russian dignitary, was a known gourmand. To satisfy his lofty tastes, his personal chef created a new dish. Today called simply “stroganoff,” this incredibly delicious meal has gained popularity the world over. At its most basic, stroganoff consists of beef finished in sour cream, which cuts the meat’s richness. And we’re staying true to those ingredients. But we’re also making ours with cremini mushrooms and serving it over chewy, spiral egg noodles (the classic American adaptation).



## Ingredients

- 1 Pound Ground Beef
- 8 Ounces Egg Noodles
- 4 Ounces Radishes
- 1 Head Iceberg Lettuce
- 1 Navel Orange
- 1 Yellow Onion
- ¾ Pound Cremini Mushrooms
- 1 Large Bunch Parsley

## Knick Knacks

- 3 Tablespoons Beef Demi-Glace
- 2 Tablespoons All-Purpose Flour
- ½ Cup Sour Cream
- 2 Teaspoons Stroganoff Spice Blend  
(Smoked Paprika, Garlic Powder & Dried Thyme)

**Makes 4 Servings**

**About 700 Calories Per Serving**

**Cooking Time: 25 to 35 minutes**



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp41](https://blueapron.com/recipes/fp41)

1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Slice the radishes into thin rounds. Halve the orange; squeeze the juice of both halves into a bowl, straining out the seeds. Thinly slice the mushrooms. Pick the parsley leaves off the stems; discard the stems. Remove and discard the core of the lettuce; roughly chop the leaves. Peel and thinly slice the onion.

2



## Brown the beef:

In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **ground beef** and season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 5 to 7 minutes, or until browned. Carefully drain off and discard the drippings. Transfer the browned beef to a plate and set aside, leaving any browned bits (or fond) in the pan.

3



## Cook the mushrooms & onions:

Heat the pan of reserved fond on medium-high until hot. (If the pan seems dry, add 1 teaspoon of olive oil.) Add the **mushrooms**; cook, stirring occasionally, 6 to 8 minutes, or until browned. Add the **onion** and **spice blend**; cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant.

4



## Make the stroganoff:

Add the **flour** to the pan of mushrooms and onions. Cook, stirring frequently, 30 seconds to 1 minute, or until toasted and fragrant. Add the **beef demi-glace** and **1½ cups of water**; cook, stirring frequently, 2 to 3 minutes, or until the liquid is slightly reduced in volume. Add the **browned beef**; cook, stirring occasionally, 2 to 4 minutes, or until well combined and heated through. Remove from heat and stir in **¾ of the sour cream**; season with salt and pepper to taste. Set aside in a warm place.

5



## Cook the noodles:

While the stroganoff cooks, add the **noodles** to the pot of boiling water. Cook 3 to 4 minutes, or until tender. Drain thoroughly and transfer to a serving dish. Set aside in a warm place.

6



## Make the salad & serve your dish:

In a small bowl, combine the **orange juice** and **remaining sour cream**; season with salt and pepper. Slowly whisk in **2 tablespoons of olive oil** until well combined. In a large bowl, combine the **lettuce** and **radishes**. Add enough of the **orange juice-sour cream dressing** to coat the salad (you may have extra dressing); toss to combine and season with salt and pepper to taste. Transfer to a serving dish. Top the **cooked noodles** with the **stroganoff**. Garnish with the **parsley**. Enjoy!