Healthy Beef Stroganoff



Ingredients

2 teaspoons olive oil 500g beef fillet, fat trimmed, thinly sliced 1 white onion, thinly sliced 200g Swiss brown mushrooms, halved or sliced 200g button mushrooms, halved or sliced 2 garlic cloves, crushed 1 teaspoon paprika 1 tablespoon Worcestershire sauce 200ml salt-reduced beef stock 60ml (1/4 cup) reduced-fat sour cream 100g baby spinach 2 x 250g pkt zucchini noodles Steamed green beans, to serve Baby parsley leaves, to serve

A healthy take on a winter favourite



Method

Step 1 Heat half the olive oil in a large non-stick frying pan over high heat. Cook the beef, in 2 batches, for 2 minutes or until golden. Transfer to a plate.

Step 2 Heat the remaining oil in same pan over medium heat. Cook the onion, stirring, for 5 minutes or until softened. Add the mushrooms and increase heat to high. Cook, stirring, for 3-4 minutes or until browned. Add the garlic and paprika and cook, stirring, for 1 minute or until aromatic. Add the Worcestershire sauce and stock and bring to the boil.

Step 3 Reduce heat to low, return the beef to the pan and gently simmer for 1-2 minutes or until heated through. Stir through the cream and spinach and cook until spinach has just wilted.

Step 4 Microwave the zucchini noodles following packet directions. Serve the beef with the zucchini noodles and steamed green beans, and sprinkled with the parsley.

Source: www.taste.com.au