



Rick Stein's Stroganoff recipe with veggie options

Rick Steins's stroganoff recipe is the best I've found and it's simple and can easily made vegetarian or made with other meats. I've included some hacks I use to make sure it's creamy. It can be served with pasta, rice, fries or mash! It contains loads of onions and mushrooms which are great to boost your immune system and gut health.

Serves: 4, Prep time: 00:25, Cook time: 00:20

Instructions

1. Cut the steak or pork into slices 1cm/0.5in thick, then cut each slice across the grain into strips 1cm/0.5in wide.
2. Melt the butter in a large frying pan, add the paprika and onion and cook slowly until the onion is soft and sweet, but not browned.
3. Add the mushrooms and fry gently for three minutes. Transfer the mixture to a plate and keep warm.
4. Using the same pan you cooked the onion mixture in, heat one and a half tablespoons of oil until very hot.
5. Add half the fillet steak or other protein and fry quickly, seasoning

Ingredients

- 675 grams Fillet Steak, or pork loin (1 lb 8 oz)
- 65 grams Unsalted butter (2.5 oz)
- 1.5 tablespoon Paprika, Smoked
- 1 Onion, Large, finely sliced
- 350 grams Mushroom, Portobello, small one finely sliced (12.5 oz)
- 3 tablespoon Oil, olive
- 300 Soured cream
- 2 teaspoon Lemon juice
- 1 pinch or to taste Parsley, raw, Handful, chopped
- 1 pinch or to taste Black pepper, ground

and turning it as you do so, for just over one minute. Transfer to a plate and repeat with the rest of the oil and steak.

6. Return the onion mixture to the pan and pour in the soured cream. Bring to the boil and simmer for a minute or so, until thickened.
7. Return the steak to the pan and heat very gently for one minute - the beef should not be cooked any further.
8. Stir in the lemon juice and parsley and serve with the pasta, rice, mash or fries.

Alternatives and Tips

You can use beef, pork or chicken for protein. You can also make it veggie by doubling or trebling the mushrooms and I sometimes also add red capsicum in strips. I add a teaspoon of English mustard powder and plenty of white and black pepper to give it a bit more kick.

You could use a can of Campbells mushroom soup to make it extra creamy plus it stops the soured cream splitting.

Serve with pasta, rice, fries or mash potatoes - what ever you prefer. I like to serve it with rice which I cook with a vegetable stock cube to add some extra flavour to plain basmati rice.

I have greek yogurt in the fridge and use it in place of soured cream etc. I also use lemon juice from a bottle if I don't have fresh lemons.

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