

GEORGIE & TOM'S

EATING WELL MADE EASY



Beef Stroganoff

SLOW COOKED BEEF IN A LUXURIOUS BRANDY, MUSHROOM & DIJON MUSTARD CREAM SAUCE ON A BED OF LINGUINE, ZUCCHINI & BROCCOLI.

★★★★☆ 4.6

5 reviews

Microwave
8 minutes

Shelf-life: Day of delivery plus 5 days

880 calories per person
Serves 2

Mediterranean diet

Pot of beef stroganoff suitable for home freezing

HOW TO COOK

1. Microwave **stroganoff pot** for 3 mins. (lid on loosely), stir. Heat 2-3 mins more till piping hot (lid on).
2. Season & add 1 tbsp of water to **broccoli & pasta**: Microwave with stroganoff pot, microwave 2-3 mins, till piping hot.
3. Serve stroganoff on pasta & broccoli.

INGREDIENTS

Beef (All natural, USDA choice from mid-west United States), Cream, Water, Linguine (Durum wheat semolina, water), Cremini mushrooms, Broccoli, Onion, Brandy, Yoghurt, Olive Canola oil blend, Butter, Cornstarch, Red wine, Dijon mustard, Garlic, Parsley, Salt, Lemon juice, Beef base (Roasted beef and beef stock, salt, hydrolyzed soy & corn protein, sugar, corn oil, autolyzed yeast extract, corn starch, caramel color, natural solids, beef extract, dextrose, beef fat), Sugar light brown, Smoked paprika, Worcestershire sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, tamarind extract, natural flavorings, chili pepper extract), Black pepper, Thyme

Gluten, Fish, Milk, Soy,

Contains: mustard

NUTRITION FACTS

Cals 880, Fat 49g, Sat Fat 23g, Protein 42g, Fibre 4g, Carbohydrates 60g, Total Sugars 6g, sodium 1100mg