

# SmartSlim

## STEAK & MUSHROOM STROGANOFF



30 Minutes – 4 People (2 Adults and 2 kids)

### INGREDIENTS:

- 2 T oil
- 2 red onion, chopped
- 4 garlic cloves, chopped
- 2 t paprika
- 2 green pepper, chopped
- 400g mushrooms , sliced
- 4 T balsamic vinegar
- 300ml beef stock
- 400g lean rump steaks , sliced and all fat removed
- 300ml fat-free cottage cheese

### DIRECTIONS:

1. Heat the oil in a pan and fry the onion for a few mins, until soft. Add the garlic and paprika, and cook for 1-2 mins until fragrant. Add the pepper and mushrooms, and fry for 5-8 mins until softened.
2. Add the vinegar, boil to reduce until almost evaporated, then pour over the stock and bubble for a few mins until thickened slightly. Add the beef and cook for 2-3 mins depending on how rare you like it, then stir in the cottage cheese and season. Serve with rice or tagliatelle.