

MUSHROOM STROGANOFF



Stroganoff is a dish which originated in Russia, but is popular all over the world. The original dish is made with beef, however there are many variations to the dish and we have used mushrooms in ours.

Delicious served with rice, or crusty wholemeal bread and a green leaf salad.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use a jug to measure; use weighing scales; cut using bridge/claw techniques; crush garlic; garnish and decorate, use a hob/appliance with adult supervision.

Equipment: Hob, large sauce pan, wooden spoon, chopping board, knife, tablespoon, teaspoon, measuring jug, garlic press, weighing scales

Allergens*: Celery | Milk | May contain wheat/gluten

Ingredients (serves 4):

- 15g butter
- 1 tbsp olive oil
- 1 onion, finely diced
- 1 clove of garlic, crushed
- 500g mushrooms, sliced
- 1 tbsp tomato puree
- 150ml vegetable stock
- 1 tbsp Worcestershire sauce
- 100ml single cream
- 1 tsp chopped parsley

Method

1. Put the oil and butter in a large pan on a medium heat.
2. When the butter has melted, add the onion, garlic and mushrooms and cook gently for about 10 minutes.
3. Stir in the tomato puree, making sure the mushrooms are coated.
4. Add the cream, Worcestershire sauce and vegetable stock and stir well.
5. Bring to the boil, then reduce the heat to a simmer for 5 minutes.
6. Sprinkle over the chopped parsley and serve.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 212g (adult) serving

ENERGY	687kJ / 165kcal	8%
FAT	12.0g	17%
SATURATES	5.5g	28%
SUGARS	4.9g	5%
SALT	1.1g	18%

% of an adult's reference intake
Typical values per 100g : Energy 324kJ / 78kcal

Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

So, thinking about Mushroom Stroganoff...

Mushrooms are low in calories, virtually fat-free and a source of dietary fibre. They are also a source of B vitamins which help us to "metabolise" or use/ unlock the stored energy in our food.

Cream is an excellent source of protein and calcium, and a good source of vitamins A and D. However it also very high in fat, particularly saturated fat.

