

Beef Stroganoff

From Russia with Love, or from my Mancunian kitchen to yours.

Just in case you are wondering what the hell I'm going on about, Beef stroganoff is a Russian dish that dates back to the mid-19th-century.

Anyway, that's enough food history, this is a perfect mid-week dinner for when you are short on time. You can literally be sat down eating this with 20 minutes.



Serves: 2

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 20 minutes

Ingredients

- 2 ribeye steaks, around 200g each.
- 2 tsps of smoked paprika.
- 1 red onion, sliced.
- 1 red pepper, sliced.
- 150 g of chestnut mushrooms, cut in half.
- Chilli flakes, to taste.
- 200 ml of sour cream.
- Fresh parsley, roughly chopped.

Method

- In a large bowl add 1 tsp of the paprika, a drizzle of olive oil and season with salt and pepper. Mix then add the steaks, coat nicely and leave to marinate while you prep the veg.
- Get a frying pan over a high heat and get it hot. Once the pan is hot carefully add the steaks and cook to your liking. I like mine rare so I gave it 2-3 minutes on each side. Once you're happy with your steaks place to one side to rest.
- Using the same pan turn down to a medium-low heat. Add a drizzle of olive oil and add the onions, peppers and mushrooms. Season, add the other tsp of paprika and cook 5 minutes or till the onions and peppers are tender.
- Next, add the sour cream, chilli flakes and allow that to bubble away for a couple of minutes (add a little water or stock if it's too thick). Take the steaks and cut into slices and make sure you add any of the resting juices to the sauce.
- To finish the dish check for seasoning, then mix in the parsley and add the steak. Serve with lots of rice or sometimes I like it with fries.