Healthy Beef Stroganoff

Ballarat Health Services

Ingredients

2 teaspoons olive oil
500g beef fillet, fat trimmed, thinly sliced
1 white onion, thinly sliced
200g Swiss brown mushrooms, halved or sliced
200g button mushrooms, halved or sliced
2 garlic cloves, crushed
1 teaspoon paprika
1 tablespoon Worcestershire sauce
200ml salt-reduced beef stock
60ml (1/4 cup) reduced-fat sour cream
100g baby spinach
2 x 250g pkt zucchini noodles
Steamed green beans, to serve
Baby parsley leaves, to serve

A healthy take on a winter favourite

Method

Step 1   Heat half the olive oil in a large non-stick frying pan over high heat. Cook the beef, in 2 batches, for 2 minutes or until golden. Transfer to a plate.

Step 2   Heat the remaining oil in same pan over medium heat. Cook the onion, stirring, for 5 minutes or until softened. Add the mushrooms and increase heat to high. Cook, stirring, for 3-4 minutes or until browned. Add the garlic and paprika and cook, stirring, for 1 minute or until aromatic. Add the Worcestershire sauce and stock and bring to the boil.

Step 3   Reduce heat to low, return the beef to the pan and gently simmer for 1-2 minutes or until heated through. Stir through the cream and spinach and cook until spinach has just wilted.

Step 4   Microwave the zucchini noodles following packet directions. Serve the beef with the zucchini noodles and steamed green beans, and sprinkled with the parsley.