

MARLEY SPOON



Pork & Sauerkraut Goulash

with Egg Noodles



ca. 20min



2 Servings

Deeply savory and rich, Hungarian goulash can take hours to develop its complex flavors. Here we make a speedy version that's just as satisfying any night of the week. Paprika and caraway seeds flavor a tomato-scented sauce that we bolster with chicken broth, tangy sauerkraut, and sour cream. Pork strips and buttery egg noodles soak it all up while a scattering of fresh dill is the final herbaceous garnish.

What we send

- 1 yellow onion
- ½ oz fresh dill
- 6 oz egg noodles ^{1,3}
- 10 oz pkg pork strips
- 2 (¼ oz) paprika
- ¼ oz caraway seeds
- 6 oz tomato paste
- 2 pkts chicken broth concentrate
- ½ lb sauerkraut ¹⁷
- 2 (1 oz) sour cream ⁷

What you need

- kosher salt & ground pepper
- 3 Tbsp unsalted butter ⁷
- 1 Tbsp + 2 tsp all-purpose flour ¹
- 1 Tbsp neutral oil
- 2 tsp sugar

Tools

- medium pot
- medium skillet

Allergens

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 45g, Carbs 91g, Protein 45g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Thinly slice **half the onion** (save remaining half for own use). Reserve **a few dill fronds** for garnish, then finely chop **remaining fronds and stems**. Add **noodles** to boiling water; cook until al dente, 6-8 minutes. Drain noodles, return to pot, and toss with **1 tablespoon butter** to prevent sticking. Cover to keep warm.



4. Simmer stew

Stir in **all of the broth concentrate, half of the sauerkraut, 2 teaspoons sugar, and 1 cup water**. Bring to boil and simmer over medium heat until liquid is slightly thickened and flavorful, 4-5 minutes. Return **pork** to skillet and simmer for another minute until warmed through.



2. Cook pork

Pat **pork strips** dry, toss with **1 tablespoon flour**, and season with **salt** and **pepper**. In a medium skillet, heat **1 tablespoon oil** over medium-high. Add pork strips in a single layer. Cook, without stirring, until well browned on one side, about 3 minutes. Stir and continue to cook until pork is cooked through, about 2 minutes more. Transfer to a plate.



5. Finish

Remove skillet from heat and stir in **sour cream, chopped dill**, and **1 tablespoon butter**; season to taste with **salt** and **pepper**. Divide **noodles and goulash** between bowls. Garnish with **reserved dill fronds**.



3. Cook aromatics

In same skillet, heat **1 tablespoon butter** over medium-high until sizzling; add **onions** and **a pinch of salt**. Cook onions, stirring often, until softened and golden, 3-4 minutes. Add **paprika, 1 teaspoon caraway, 1 tablespoon tomato paste, and 2 teaspoons flour**. Cook, stirring often, until paste is darkened in color and spices are fragrant, 1-2 minutes.



6. Serve

Enjoy!