

# MARLEY SPOON



## Family Friendly Big Batch: Beef Stroganoff

with Egg Noodles & Braised Red Cabbage



1,5h



2 Servings

We hope you've brought your appetite because this dish isn't for the faint of heart. Onions, mushrooms, and shredded beef simmer in a deeply flavorful sauce of beef broth, Dijon, and Worcestershire. The stroganoff finishes with sour cream and vinegar for tangy coolness before dolloped over chewy egg noodles. A vibrant side of braised red cabbage adds texture and color to this delicious comfort meal.(2-p serves 4; 4-p serves 8)



## What we send

- 1 yellow onion
- ½ lb mushrooms
- 1 lb red cabbage
- 1 Granny Smith apple
- 2 (½ lb) pkgs ready to heat shredded beef <sup>1,6</sup>
- 2 pkts beef broth concentrate
- ¼ oz Dijon mustard
- 1½ oz pkt Worcestershire sauce <sup>4</sup>
- ¼ oz mushroom seasoning
- 4 (1 oz) sour cream <sup>7</sup>
- 2 (6 oz) egg noodles <sup>1,3</sup>
- ½ oz fresh parsley

## What you need

- 6 Tbsp unsalted butter <sup>7</sup>
- kosher salt & ground pepper
- all-purpose flour <sup>1</sup>
- apple cider vinegar (or red wine vinegar)
- sugar

## Tools

- 2 medium pots
- large pot

## Cooking tip

If you don't have 2 medium and 1 large pot, make this meal in stages. Start with the cabbage, then cook the beef stroganoff. Keep in the fridge until ready to eat, then boil the noodles and reheat.

## Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 840kcal, Fat 31g, Carbs 108g, Protein 35g



### 1. Prep ingredients

Thinly slice **onion**. Trim stem ends from **mushrooms**, then thinly slice caps. Remove core from **cabbage**; thinly slice. Peel **apple** and remove core; cut into ½-inch cubes. Cut or tear **beef** into 1-inch pieces.

In a medium pot, melt **2 tablespoons butter** over medium heat. Add **half of the onions** and a **pinch of salt**; cook until softened, 3–4 minutes.



### 4. Simmer beef

Bring **sauce** to a simmer, scraping up any browned bits. Stir in **beef** and simmer on medium-low until sauce is thickened, about 5 minutes. Remove from heat and stir in **sour cream** and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**. Cover and keep warm until ready to serve.



### 2. Cook cabbage

To **onions**, add **cabbage, apples, 2 tablespoons vinegar, 1 tablespoon sugar, ½ teaspoon salt**, and **¾ cup water**; bring to a boil. Cover, reduce heat to low, and simmer for 45 minutes.

Meanwhile, bring a large pot of **salted water** to a boil. In a separate second medium pot, melt **2 tablespoons butter** over medium-high heat. Add **mushrooms**; season with **salt** and **pepper**.



### 5. Finish cabbage

Remove cover from **cabbage** and continue simmering until liquid is syrupy and cabbage is tender and glazed, 10–15 minutes. Remove from heat and stir in **1 tablespoon butter**; cover and keep warm until ready to serve. When ready to serve, add **noodles to boiling water**; cook until al dente, 6–8 minutes. Drain noodles; toss with **1 tablespoon butter** to prevent sticking.



### 3. Begin stroganoff

Cook **mushrooms**, stirring occasionally, until liquid has evaporated and mushrooms begin to brown, 5–7 minutes. Add **remaining onions**; cook, stirring occasionally, until softened, 4–5 minutes. Stir in **¼ cup flour**; cook for 1 minute. Add **broth concentrate, Dijon, 1½ tablespoons Worcestershire sauce, 2 teaspoons mushroom seasoning**, and **2½ cups water**.



### 6. Finish & serve

Finely chop **parsley leaves**; discard stems. Stir half of the parsley into **cabbage**.

Divide **noodles** and **stroganoff** between bowls and sprinkle with **remaining parsley**. Serve with **braised cabbage** alongside. Enjoy!