



JERNEJ KITCHEN

QUICK BEEF STROGANOFF WITH KALE

Made in under 40 minutes. Quick, easy, light and very delicious.

SERVES	2	PEOPLE
PREPARATION:	10	MINUTES
COOK:	30	MINUTES

SIDE DISH (RICE)

120 g basmati rice

1/4 star anise

QUICK BEEF STROGANOFF WITH KALE

1 onion, peeled and sliced thinly

150 g button mushrooms

200 g quality sirloin steak, fat removed

1 tbsp dijon mustard

3 tbsp olive oil

1/4 fresh chili (optional)

2 cloves of garlic, peeled and thinly sliced

0,3 dl vodka (optional)

50 g kale (black or regular)

180 g double cream

1/2 lemon

TOOLS AND EQUIPEMENT

large pan with a lid

kitchen knife

cutting board

kitchen towels

frying pan with a lid

COOK THE RICE

Put basmati rice, pinch of salt, star anise and 300 ml water into a medium pan. Put the lid on and place over high heat. Once the mixture comes to a boil, reduce the heat to medium and cook for about 11 minutes (total) or until the rice is cooked.

PREPARE THE VEGETABLES

Peel the onion and finely slice it. Clean the bottom mushrooms and cut them on large chunks. Pat dry the steak, slice the steak about 1cm thick and toss with salt, pepper, 1/2 tbsp dijon mustard and 1 tbsp olive oil.

BEEF STROGANOFF

Place a frying pan with 2 tablespoons of oil over high heat. Add the meat and cook for about 2 minutes, then remove from the heat and transfer the meat to a plate. Place the same frying pan back on the heat and add the onion and chili (optional). Cook for about 2 minutes, then add the mushrooms and continue to cook for about 5 minutes, stirring regularly.

BEEF STROGANOFF

Add garlic and 1 tbsp of dijon mustard, stir. Increase the heat to high and add vodka (optional), cook for about a minute for the alcohol to evaporate. Then add the kale and 200 ml water. Cover with a lid and cook for about 10 minutes on low heat.

BEEF STROGANOFF

Pour the double cream into the sauce, cook for about 5 minutes, then remove the frying pan from the heat, add the steak into the sauce (don't forget all those delicious steak juices), add the lemon zest and 1 tbsp lemon juice. Season to taste with salt and pepper.

SERVE

Serve your Quick Beef Stroganoff with cooked Basmati rice (or any other side dish of your liking, like: tagliatelle, speatzle..)
Garnish with chopped chives. Enjoy.