

VEGETABLE STROGANOFF



Prep: 10 mins



Cooking: 45 mins



Serves: 4

IDDSI LEVEL 6 – SOFT AND BITE SIZED



Vegetarian

Halal



Medium
saucepan

INGREDIENTS



1 carrot, peeled



3 teaspoons plain flour



1 parsnip, peeled



550ml vegetable stock, using stock cube or gravy granules



1/4 swede, peeled



150ml double cream



1/2 sweet potato, peeled



2 teaspoons dried parsley



20g butter or margarine



Juice of 1/2 lemon



1 small onion, very finely diced

Allergens: milk and wheat (gluten). Vegetable stock cube or gravy granules may contain celery. Margarine may contain milk.



Use plant-based cream and butter alternative



Use gluten-free flour



Dairy recipe

METHOD



Dice the carrot, parsnip, swede and sweet potato to 15mm in size.



Heat the butter or margarine in a saucepan, add the onion and diced vegetables. Cook for 5 minutes on a medium heat.



Add the flour, take off the heat and add the hot vegetable stock a little at a time. Stir continuously to ensure no lumps.



Add the double cream and cook on low-medium heat for 20 minutes, stirring occasionally, until the vegetables are soft.



Add the parsley and lemon juice, then season with salt and black pepper to taste.

TOP TIP:



The vegetables in this dish can be switched up depending on what's in season - why not try frozen vegetables too?



Add 25ml of brandy* to enhance the flavour for a special occasion.

*Not Halal



Freeze in clearly labelled portions for up to 3 months. Defrost thoroughly and gently reheat in a small saucepan before serving.