



**NUTRITION** *per serving* 90g carbohydrates 41g fat 62g protein 532mg sodium | nut-free



Calories  
920



Prep & Cook Time  
25-35 min.



Cook Within  
6 days



Difficulty  
Easy



Spice Level  
Not Spicy

#### IN YOUR BOX

- 6 oz. Cremini Mushrooms
- 1 Shallot
- 3 Parsley Sprigs
- 2 Flat Iron Steaks
- 7 oz. Linguine
- 1 tsp. Sweet Paprika
- 4 oz. White Cooking Wine
- 1 tsp. Gluten-Free Minor's Beef Base
- 3 Thyme Sprigs
- 1 tsp. Worcestershire Sauce
- 4 oz. Sour Cream

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Colander
- Medium Pot
- Medium Pan

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HOME CHEF

## Flat-Iron Steak Stroganoff

with creamy mushroom pasta

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Place a colander in the sink
- Bring a **medium pot** of **lightly salted water** to a boil

## WHILE YOU COOK

- **Heads up!** Before draining pasta, be sure to reserve 1 cup of the starchy pasta water. It'll be an excellent sauce-thickener later on.

## FROM THE CHEF

Why do we have you reserve 1 cup of pasta cooking water when you only use ½ cup in the sauce? Everyone's stoves and taste buds are different, so you may actually need some of that additional water to get it just the way you like!

### Did you know...

A dish of Russian origin, Beef Stroganoff has been gracing tables since the mid-nineteenth century where it's rumored to be named after someone from the high-ranking Stroganov family.



1

## Prepare the Ingredients

Quarter **mushrooms**. Peel and mince **shallot**. Stem and mince **parsley** and reserve a few whole leaves for garnish. Rinse **steaks** and pat dry.



2

## Cook the Pasta

Add **linguine** to boiling water and stir constantly for 30 seconds. Boil an additional 8-10 minutes until pasta is al dente (still a little firm). Reserve 1 cup of **pasta cooking water** and set aside. Drain pasta in colander.



3

## Cook the Steaks

While pasta is cooking, heat a medium pan over medium heat and add 1 tsp. **olive oil**. Season **steaks** with **paprika** and a pinch of **salt and pepper**. Cook steaks 3-5 minutes on each side, or until steaks reach a minimum internal temperature of 145 degrees. Transfer steaks to a plate to rest and reserve pan (no need to wipe clean).



4

## Cook the Mushrooms

Return pan used to cook steaks to medium-high heat. Add 2 tsp. **olive oil**, **mushrooms**, **shallot**, and a pinch of **salt and pepper**. Cook while stirring for 4-5 minutes, or until softened.



5

## Finish the Sauce

When shallots have softened, add **white wine** and reduce by half, about 1 minute. Add ½ cup **reserved pasta cooking water** (reserving remaining to adjust thickness of sauce later), **beef base**, **whole thyme sprigs**, any **accumulated juices** from rested steak, and **Worcestershire sauce** to pan. Bring to a simmer and reduce by half, about 3-4 minutes. Remove from heat and stir in **sour cream**. Add chopped **parsley**. Taste sauce, and add a pinch (or more!) of **salt and pepper** if needed.



6

## Plate the Dish

Remove whole **thyme sprigs** from pasta sauce and add **linguine**, tossing thoroughly to coat. If sauce is too thick, add 1 Tbsp. of **reserved pasta water** at a time to loosen. Twirl **pasta** onto a plate, slice rested **steak**, and set on top. Garnish with reserved whole **parsley** leaves.