THE LIGHTER PLATE METHOD

Light Beef Stroganoff

A homemade roasted tomato purée stands in for tinned soup, keeping this classic genuinely fresh-tasting.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**35 min**	**4**	**EASY**

Ingredients

- 300 g sirloin steak (cut into 1cm cubes)
- 1 medium tomato
- 1 medium onion (chopped)
- 7 tbsp single cream
- 10 g Dijon mustard
- 1 tbsp chives (chopped)
- 1 tbsp olive oil
- 1 tbsp white wine vinegar

Method

1. Season the beef with salt and set aside.
2. Score a cross in the top of the tomato and bake at 200°C (fan 180°C) for 15 minutes, then mash and push through a sieve to make a smooth purée.
3. Sauté the onion until browned, add the tomato purée and bring to a simmer, then stir in the vinegar.
4. Cook until much of the liquid has evaporated and the sauce has thickened. Set aside.
5. Sear the beef in the olive oil until browning, then add the tomato sauce and mustard. Once reduced, stir through the chives.
6. Take off the heat and stir in the cream until fully incorporated.

Tips & swaps

- Stir the cream in off the heat to keep the sauce silky rather than split.

Storage & reheating

Best eaten fresh; keeps a day in the fridge.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**26g**	**6g**	**21g**	**1g**

Estimated values, for guidance only. Contains: Milk.