

BEEF RAGOUT WITH RICE

2 persons / 505 kcal per serving

Ingredients:

- 130 grams yellow rice
- 250 grams mushrooms
- 25 grams unsalted butter
- 35 grams wheat flour
- ½ jar of beef power stock (350 ml, Struik)
- 200 ml tap water
- 200 grams fine peas
- pepper and salt



Cook the rice according to package directions. Meanwhile, wipe the mushrooms and cut them into quarters. Heat the butter in a frying pan and fry the mushrooms on high heat for 4 minutes. Add the flour and cook over medium heat for 2 minutes. Add half a pot of power stock including all the pieces of beef and the water. Bring to the boil while stirring. Let the ragout simmer for another 7 minutes. Meanwhile, heat the contents of the tin of peas. Drain. Season the ragout with pepper or salt if necessary. Divide the rice, ragout and peas over the plates.

Nutritional value per portion:

Energy:	505 kcal
Protein:	18.6 grams
Carbohydrates:	70.2 grams
- including sugars:	3.5 grams
Fat:	14.1 grams
Fiber:	11.3 grams
Salt:	5.4 grams