

MUSHROOMS STROGANOFF WITH RICE AND STRING BEANS

2 persons / 586 kcal per serving

Ingredients:

- 150 grams brown rice
- 200 grams fresh cut string beans
- 200 grams chestnut mushrooms
- 12 grams unsalted butter
- ½ tablespoon tomato paste
- ½ tablespoon wheat flour
- 125 ml fresh whipped cream
- 1 tablespoon capers
- pepper and salt



Preparation:

Boil the rice in water with some salt for 10 minutes, drain and let it stand. Meanwhile, bring water to a boil, add the string beans and cook them until al dente for 9-10 minutes and drain. Meanwhile, wipe the mushrooms with kitchen paper and cut into quarters. Heat the butter in a skillet and fry the mushrooms over medium heat for 3 minutes. Add the tomato paste and cook for 1 minute. Reduce the heat to low and fry the flour for 1 minute. Add the whipped cream while stirring and simmer over low heat for 5 minutes. Season with salt and pepper. Drain the capers and sprinkle on the mushroom stroganoff. Serve with the rice and string beans.

Nutritional value per portion:

Energy:	586 kcal
Protein:	10.7 grams
Carbohydrates:	67.2 grams
- including sugars:	4.3 grams
Fat:	29.0 grams
Fiber:	7.2 grams
Salt:	1.4 grams

