

# BEEF STROGANOFF with Roasted Mushy Pumpkin

- 750g half of butternut pumpkin
- olive oil
- 600g chuck steak, cut into 5cm dice
- salt
- pepper
- 2 tsp sweet paprika
- 2 red onions, thinly sliced
- 5 gherkins, sliced
- 3 cloves of garlic, crushed
- 1L beef stock
- 2 tbsp Worcestershire sauce
- 300g button mushrooms, halved
- 1 tbsp butter
- 150mL sour cream
- 1 bunch of dill, chopped
- 1 lemon, cut into wedges, to serve

## Method

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1. Preheat oven to 200°C fan forced.
2. Deeply score the pumpkin on the flesh side, drizzle with a tablespoon of olive oil and season. Roast in oven until golden brown and cooked through the centre. Depending on the shape of the pumpkin this will take around 1.5 hours.
3. Whilst the pumpkin is roasting, toss the diced beef in salt, pepper and paprika, coating well.
4. Heat 1 tablespoon of olive oil in a large pan and sear the diced steak, turning to brown on all sides. Set beef aside.
5. In the same pan add a dash more olive oil, one of the sliced red onions, three of the sliced gherkins and the crushed garlic. Sauté until soft.
6. Return the beef to the pot, also adding stock and Worcestershire sauce. Lower heat and simmer for one hour, or until tender.
7. Meanwhile heat mushrooms in a frying pan with the butter and oil until browned.
8. 5 minutes before serving add the mushrooms and sour cream, stir to combine.
9. Garnish the plated dish with chopped dill, the remainder of the gherkins and Spanish onion. Serve with the roasted pumpkin and lemon wedges on the side.