



Ingredients

- 500 g Lean rump steak, sliced
- 150 g Onion, sliced
- 200 g Sliced mushrooms
- 60 g Baby spinach
- 30 g Light sour cream
- 500 g Pasta
- 1 pkt MAGGI 3 ways – Rich & Saucy Base

Instruction

1. Heat 1 tbsp oil in frying pan, brown beef, add onions and mushrooms, cook 2 minutes.
2. Add combined $\frac{3}{4}$ cup water and MAGGI 3 ways – Rich & Saucy Base, bring to boil, stirring.
3. Cover and simmer 20 minutes or until beef is tender, stir through baby spinach and sour cream. Serve with pasta.

Nutrition

Carbohydrates	112.94 g
Energy	744.27 kcal
Fats	12.28 g
Protein	44.61 g

⌚ 35 Minutes

⊕ 4 Portions