

## Ingredients

	5 SERVES	25 SERVES	50 SERVES
Extra Virgin Olive Oil	1 tbsp	3 tbsp	5 tbsp
Chicken thigh	700g	3.5kg	7kg
Garlic clove	1	3	5
Brown onion	1	5	10
Cup mushrooms	400g	2kg	4kg
Plain flour	2 tbsp	1 cup	2.5 cups
Sweet paprika	2 tsp	2.5 tbsp	5 tbsp
Tomato paste	1 tbsp	5 tbsp	1 cup
Dijon mustard	1 tbsp	5 tbsp	1 cup
Chicken stock	250mL	1.25L	2.5L
Worcestershire sauce	1 tbsp	5 tbsp	½ cup
Sour cream	250mL	1.25L	2.5L
Chives	15g	75g	150g
Basmati rice	0.2kg	1kg	2kg

## Method

1. Heat half the oil in a pan over high heat. Remove fat from chicken, dice and cook in batches until browned. Transfer to large bowl.
2. Heat the remaining oil in a pan over medium heat. Thinly slice the onion, mushrooms and crush garlic. Add to pan and sauté for 5-10 minutes until the onion is soft.
3. Add in flour, paprika, tomato paste and dijon mustard and cook for one minute, stirring.
4. Add in stock and Worcestershire sauce and bring to a simmer, stirring occasionally until sauce has thickened slightly.
5. Return chicken to pan for 5 minutes or until cooked through. Remove pan from heat and stir through sour cream.
6. Serve stroganoff with rice and chopped chives.

## Nutrition, hints and tips

- ***This soup is a great source of protein***
- ***Serve with a side of steamed vegetables***

- ***Chicken can be substituted for thinly sliced strips of beef***