



More than Food

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Creamy Orecchiette

with Brussels Sprouts, Pancetta, and Wild Mushrooms

Orecchiette (meaning “little ears” in Italian) is one of our favorite pasta shapes because of its ability to hold in delicious sauces. In this dish, pancetta, wild mushrooms, and shredded Brussels sprouts are tossed into a light, creamy sauce flavored with parmesan, garlic, and woodsy thyme.

35 min

level 1

nut
free



Brussels Sprouts



Pancetta



Mixed Wild
Mushrooms



Chicken Stock
Concentrate



Orecchiette



Garlic



Thyme



Sage



Lemon



Parmesan Cheese

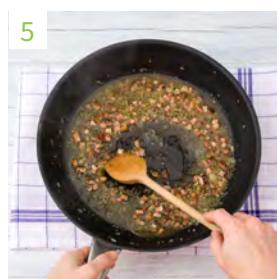
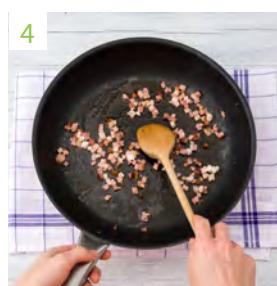
Ingredients	2 People	4 People	*Not Included
Brussels Sprouts	8 oz	16 oz	
Pancetta	4 oz	8 oz	
Mixed Wild Mushrooms	4 oz	8 oz	
Chicken Stock Concentrate	1	2	
Orecchiette	1)	6 oz	12 oz
Garlic	2 cloves	4 cloves	
Thyme	1/4 oz	1/2 oz	
Sage	1/4 oz	1/2 oz	
Lemon	1	2	
Parmesan Cheese	2)	1/4 C	1/2 C
Oil*	1 T + 1 t	2 T + 2 t	

Ruler

1 in
1/2 in
3/4 in
1 in**Tools**Large Pot, Strainer,
Large Pan

Nutrition per person Calories: 710 cal | Carbs: 88 g | Fat: 31 g | Protein: 32 g | Fiber: 13 g | Sodium: 857 mg

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Bring a large pot of **water** with a large pinch of **salt** to a boil. Mince or grate the **garlic**. Strip the **thyme** from the stem and roughly chop the leaves. Finely chop the **sage**. Juice the **lemon**. Trim, halve and thinly slice the **Brussels sprouts** into shreds.

2 Cook the vegetables: Heat **1 Tablespoon oil** in a large pan over medium heat. Add the **mushrooms** to the pan and cook, tossing, for 4-5 minutes, until golden brown. Add the **Brussels sprouts** and cook, tossing, for 3-4 minutes, until softened and slightly golden brown. Season with **salt** and **pepper** and set aside.

3 Cook the pasta: Add the **pasta** to the boiling water and cook for 8-10 minutes, until al dente. Drain, reserving **1/2 cup** of the **pasta water**.

4 Meanwhile, heat a drizzle of **oil** in the same pan you cooked the **vegetables** in over medium-high heat. Add the **pancetta** and cook, tossing, for 4-5 minutes, until golden brown and crispy. Season with **salt** and **pepper**.

5 Make the sauce: Add the **garlic**, **sage**, and **thyme** to the pan with the **pancetta** and cook for 30 seconds, until fragrant. Add the **stock concentrate**, **1 Tablespoon lemon juice**, and **1/2 cup pasta water** to the pan. Bring to a simmer for 2-3 minutes, until slightly thickened. Season with **salt** and **pepper**.

6 Toss the **drained pasta**, **Brussels sprouts**, **mushrooms**, and **half the Parmesan cheese** into the pan with the **sauce**. Season with **salt** and **pepper**.

7 Serve the **pasta** with the remaining **Parmesan cheese** on top and enjoy!