



CREAMY DREAMY MUSHROOM CAVATAPPI

with Scallions & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Button Mushrooms



2 | 4
Scallions



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



1 TBSP | 2 TBSP
Flour
Contains: Wheat



1 | 2
Milk
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



2 TBSP | 4 TBSP
Garlic Herb
Butter
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 940



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 1030



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 740



HELLO

CAVATAPPI



This bouncy, springy pasta shape takes its name from the Italian word for “corkscrew.”

WHISKY A GO GO

In step 4, you’ll make a *béchamel* (aka a flour-thickened sauce).

Make sure to stir the flour constantly after adding, then pour in the milk and pasta cooking water while whisking—this will make your sauce silky smooth.


BUST OUT

- Medium pot
- Large pan
- Paper towels
- Strainer
- Whisk
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)  
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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 *Chicken is fully cooked when internal temperature reaches 165°.

 *Chicken Sausage is fully cooked when internal temperature reaches 165°.



1 PREP

- Bring a medium pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and slice **mushrooms** into ¼-inch-thick pieces. **(Skip if your mushrooms are pre-sliced!)** Trim and thinly slice **scallions**, separating whites from greens.

-  Pat **chicken*** dry with paper towels;
-  season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **sausage*** and cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.





4 SIMMER SAUCE

- While pasta cooks, melt **2 TBSP plain butter (4 TBSP for 4 servings)** in pan used for mushrooms over medium-high heat. Add **scallion whites** and cook until just softened, 1 minute.
- Add **flour** and cook, stirring, until lightly browned, 1-2 minutes.
- Whisk in **milk** and **¼ cup reserved pasta cooking water (½ cup for 4)**, breaking up any flour clumps. Simmer until slightly thickened, 3-4 minutes.



2 COOK MUSHROOMS

- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add **mushrooms**; season with **salt** and **pepper**. Cook, stirring occasionally, until browned and slightly crispy, 5-7 minutes.
- Turn off heat; transfer to a paper-towel-lined plate. Wash out pan.

-  Use pan used for chicken or
-  sausage here.



5 FINISH PASTA

- Stir **cream cheese** into pan with **sauce** until melted and combined.
- Stir in **mushrooms**, drained **cavatappi**, and **garlic herb butter**. Season with **salt** and **pepper**. **TIP: If needed, stir in more reserved cooking water a splash at a time until pasta is coated in a creamy sauce.**

-  Stir in **chicken** or **sausage** along
-  with **mushrooms**.



3 COOK PASTA

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1 cup pasta cooking water**, then drain.



6 SERVE

- Divide **pasta** between bowls and sprinkle with **Parmesan** and **scallion greens**. Serve.