



# CREAMY DREAMY MUSHROOM CAVATAPPI

with Scallions & Parmesan

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Scallions



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



6 oz | 12 oz  
Cavatappi Pasta  
Contains: Wheat



8 oz | 16 oz  
Button Mushrooms



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.



## 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: 930



9 oz | 18 oz  
Italian Chicken Sausage Mix  
Calories: 1000



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



# HELLO FRESH

## 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
- Butter
- Contains: Milk
- Olive Oil

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.

### HOW WAS YOUR MEAL?



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### 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.

- Open package of **chicken\*** and drain off any excess liquid; 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.

\*Poultry is fully cooked when internal temperature reaches 165°.