



# Creamy Double Mushroom Penne with Cheese and Balsamic Dressed Rocket

Classic 30-35 Minutes • 1 of your 5 a day • Veggie

20



Red Onion



Chestnut  
Mushrooms



Portobello  
Mushroom



Garlic Clove



Flat Leaf  
Parsley



Balsamic Vinegar



Penne Pasta



Vegetable Stock  
Paste



Creme Fraiche



Grated Hard Italian  
Style Cheese



Rocket

**Pantry Items**  
Olive Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, bowl, colander, frying pan and measuring jug.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Chestnut Mushrooms**	150g	225g	300g
Portobello Mushroom**	2	3	3
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Balsamic Vinegar <b>14</b>	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Penne Pasta <b>13</b>	180g	270g	360g
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Crema Fraiche** <b>7</b>	100g	150g	200g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	80g	80g
Rocket**	40g	80g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	408g	100g
Energy (kJ/kcal)	2689/643	659/158
Fat (g)	27	7
Sat. Fat (g)	15	4
Carbohydrate (g)	75	18
Sugars (g)	9	2
Protein (g)	23	6
Salt (g)	1.43	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery 13) Cereals containing Gluten  
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Get Prepped

Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt**. Halve, peel and thinly slice the **red onion**. Thinly slice the **chestnut** and **portobello mushrooms**. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all). Pour **half** the the **balsamic vinegar** into a bowl, add the **olive oil for the dressing** (see ingredients for amount) and season with **salt** and **pepper**. Mix together and leave to the side.



## Simmer and Stir

Pour the **water for the sauce** (see ingredients for amount) into your frying pan and stir in the **vegetable stock paste**. Increase the heat and bring to the boil, then reduce the heat to low and simmer until reduced, 5-6 mins, stirring occasionally. Stir in the **crema fraiche** until well combined, bring back to the boil and add a good grind of **black pepper**. Remove from the heat.



## Cook the Pasta

When your pan of **water** is boiling, add the **penne** and bring back to the boil. Cook until tender, 12 mins. When the **pasta** is cooked, drain in a colander and pop back into the pan. Drizzle with a little **oil** and stir through to stop it sticking together. Set aside off the heat.



## Mix it Up

Add the **cooked pasta** to the **sauce** along with **three quarters** of the **hard Italian style cheese** and **three quarters** of the **parsley**. Stir everything together. Taste and add more **salt** and **pepper** if needed.



## Start the Sauce

While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium heat. Add the **mushrooms** and cook until browned, stirring occasionally, 6-7 mins. Once browned, reduce the heat to medium-low and add the **onion**. Cook, stirring frequently, until the **onion** is soft, 5-6 mins. Add the **garlic** and season with **salt** and **pepper**. Stir and cook for 1 min. Add the remaining **balsamic vinegar**, stir and cook until evaporated, 1 min.



## Serve

Spoon your **mushroom penne** into bowls and sprinkle the remaining **cheese** and **parsley** on top. Add the **rocket** to the **balsamic dressing** and toss together. Serve on top of the **pasta** and finish with a good grind of **black pepper**.

## Enjoy!