



Creamy Mushroom Pasta

with Balsamic Dressed Rocket

CLASSIC 30 Minutes • 1.5 of your 5 a day • Veggie

N° 7



Red Onion



Chestnut Mushrooms



Portobello Mushrooms



Garlic Clove



Flat Leaf Parsley



Balsamic Vinegar



Penne Pasta



Vegetable Stock Powder



Creme Fraiche



Hard Italian Style Cheese



Rocket

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Colander, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Portobello Mushrooms**	1 small punnet	1 large punnet	1 large punnet
Garlic Clove**	2 cloves	3 cloves	4 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Balsamic Vinegar (14)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Penne Pasta (13)	200g	300g	400g
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Powder (10)	1 sachet	1½ sachets	2 sachets
Creme Fraiche (7)**	100g	150g	200g
Hard Italian Style Cheese (7) (8)**	1 bag	1½ bags	2 bags
Rocket**	1 bag	1½ bags	2 bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	430g	100g
Energy (kJ/kcal)	2755/659	641/153
Fat (g)	26	6
Sat. Fat (g)	11	3
Carbohydrate (g)	86	20
Sugars (g)	11	3
Protein (g)	26	6
Salt (g)	1.23	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. Get Prepped

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Halve, peel and thinly slice the **red onion**. Thinly slice the **chestnut mushrooms** 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** (see ingredient list for amount) and season with **salt** and **pepper**.

Mix together and leave to the side.



4. Simmer

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



2. Cook the Pasta

Add the **penne** to the boiling **water**, simmer until tender, 12 mins. When the **pasta** is cooked, drain in a colander, pop back into the pan, drizzle with a little **oil** and stir through to stop it sticking together. Set aside off the heat.



5. Combine

Add the **drained 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 you feel it needs it.



3. 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 nice and soft, 5-6 mins, then add the **garlic**, season with **salt** and **pepper**. Stir and cook for 1 minute. Add the remaining **balsamic vinegar**, stir and cook until evaporated, 1 minute.



6. Serve

Spoon your **pasta** 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**, finish with a good grind of **black pepper**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.