



Creamy Mushroom & Rosemary Fettuccine

with Rocket & Pear Salad

Grab your Meal Kit
with this symbol



Pear



Red Onion



Garlic



Rosemary



Portobello
Mushrooms



Fettuccine



Longlife Cream



Vegetable Stock
Powder



Grated Parmesan
Cheese



Rocket Leaves

Hands-on: 20-30 mins
Ready in: 35-45 mins

This fettuccine dish pairs the earthy flavour of mushroom and rosemary with an easy creamy sauce. The side salad balances the richness of the pasta with peppery rocket, sweet pear and sharp Parmesan.

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People refer to method	4 People refer to method
olive oil*		
pear	½	1
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
portobello mushrooms	2	4
fettuccine	1 packet	2 packets
butter*	30g	60g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 large sachet	2 large sachets
pepper*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3648kJ (872Cal)	902kJ (216Cal)
Protein (g)	22.1g	5.5g
Fat, total (g)	46.4g	11.5g
- saturated (g)	27g	6.7g
Carbohydrate (g)	86.1g	21.3g
- sugars (g)	11.8g	2.9g
Sodium (mg)	1067mg	264mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a large saucepan of salted water to the boil. Thinly slice the **pear** (see ingredients). Finely chop the **red onion** and **garlic**. Pick and roughly chop the **rosemary** leaves. Thinly slice the **portobello mushrooms**.



Cook the pasta

Cook the **fettuccine** in the boiling water until 'al dente', **9 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return the **fettuccine** to the saucepan. Drizzle with **olive oil** to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Cook the mushrooms

While the pasta is cooking, heat a large frying pan over a medium-high heat with the **butter** and a drizzle of **olive oil**. Cook the **mushrooms**, **onion** and **rosemary**, stirring, until tender, **4-5 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**.



Make it creamy

Add the **longlife cream** (see ingredients), **vegetable stock powder** and reserved **pasta water** to the **mushrooms**. Stir to combine and simmer until slightly thickened, **2-3 minutes**.



Bring it all together

Remove the frying pan from the heat, then add the cooked **fettuccine**, the **pepper** and 1/2 the **grated Parmesan cheese**. Gently toss to combine and season to taste. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**, then season with **salt** and **pepper**. Add the **rocket leaves** and **pear**, then toss to coat.

TIP: Seasoning is key in this dish, so taste the sauce and season with more salt if needed. Add less pepper to the sauce if you're not a fan!



Serve up

Divide the creamy mushroom and rosemary fettuccine between bowls. Top with the remaining Parmesan cheese. Serve with the rocket and pear salad.

Enjoy!