

Creamy Mushroom & Leek Fettuccine

with Pine Nut Pangrattato & Balsamic Pear Salad

Grab your Meal Kit with this symbol



Garlic



Portabello Mushrooms



Leek



Pear



Thyme



Panko Breadcrumbs



Pine Nuts



Fettuccine



Garlic & Herb Seasoning



Vegetable Stock Powder



Salad Leaves



Chilli Flakes (Optional)



Parsley



Plant-Based Cream

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 30-40 mins

 Plant Based

It is that time of the week again, pasta night and we're here to twist things around. Herbs and mushrooms are a must in any pasta dish, add leek and a sweet pear salad, then garnish with a nutty pangrattato for something a bit different and definitely delicious.

Pantry items

Olive Oil, Plant-Based 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 frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
portabello mushrooms	1 packet (200g)	1 packet (400g)
leek	1	2
pear	½	1
thyme	1 bag	1 bag
panko breadcrumbs	½ packet	1 packet
pine nuts	1 packet	2 packets
fettuccine	1 medium packet	1 large packet
plant-based butter*	20g	40g
garlic & herb seasoning	1 sachet	1 sachet
plant-based cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
chilli flakes (optional)	pinch	pinch
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2985kJ (713Cal)	734kJ (175Cal)
Protein (g)	20.5g	5g
Fat, total (g)	28.9g	7.1g
- saturated (g)	7.9g	1.9g
Carbohydrate (g)	86.1g	21.2g
- sugars (g)	11.6g	2.9g
Sodium (mg)	966mg	238mg

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

- Boil the kettle.
- Finely chop **garlic**. Thinly slice **portabello mushrooms**, **leek** and **pear** (see ingredients). Pick **thyme** leaves.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **panko breadcrumbs** (see ingredients), **pine nuts** and **1/2 the garlic**, stirring, until golden brown, **3 minutes**.
- Transfer to a medium bowl and season to taste.



Finish the sauce

- Reduce the heat to medium, then add **plant-based cream** (see ingredients), **vegetable stock powder** and some reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), and simmer until thickened, **2-3 minutes**.
- Remove from heat, then stir through the **fettuccine**. Season to taste.

TIP: Add a splash more reserved pasta water if the sauce looks too thick.



Cook the pasta

- Half-fill a large saucepan with the boiling water and a pinch of **salt**. Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), drain, then return **fettuccine** to the pan.



Toss the salad

- Meanwhile, combine **salad leaves**, **pear** and a drizzle of **balsamic vinegar** and **olive oil** in a large bowl. Season to taste.



Start the sauce

- Meanwhile, return the frying pan to medium-high heat with the **plant-based butter** and a drizzle of **olive oil**.
- Cook **mushrooms** and **leek**, stirring, until tender, **4-6 minutes**.
- Add **thyme**, **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**.



Serve up

- Divide creamy mushroom and leek fettuccine between bowls.
- Top with pine nut pangrattato and a pinch of **chilli flakes** (if using).
- Tear over **parsley**. Serve with balsamic pear salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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