



# Creamy Mushroom & Truffle Fettuccine

with Rocket, Pear & Parmesan Salad

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Parsley



Pear



Fettuccine



Sliced Mushrooms



Light Cooking Cream



Vegetable Stock



Rocket Leaves



Truffle Oil



Shaved Parmesan Cheese

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**

Eat me early

This fettuccine dish pairs the earthy flavour of mushroom and truffle 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, Honey

## 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

Medium saucepan · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
parsley	1 bag	1 bag
pear	1	2
fettuccine	1 packet	2 packets
butter*	20g	40g
sliced mushrooms	1 packet (150g)	1 packet (300g)
light cooking cream	1 packet (150ml)	2 packets (300ml)
vegetable stock	1 cube	2 cubes
balsamic vinegar*	1½ tsp	3 tsp
honey*	½ tsp	1 tsp
rocket leaves	1 bag (30g)	1 bag (60g)
truffle oil	1 bottle	2 bottles
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3500kJ (837Cal)	814kJ (194Cal)
Protein (g)	23.5g	5.5g
Fat, total (g)	41.4g	9.6g
- saturated (g)	21.2g	4.9g
Carbohydrate (g)	88.3g	20.5g
- sugars (g)	17.5g	4.1g
Sodium (g)	687mg	160mg

### Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

Bring a medium saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Roughly chop the **baby spinach leaves**. Roughly chop the **parsley** leaves. Thinly slice the **pear**.



## 4. Make the sauce

Reduce the heat to medium and add the **light cooking cream** to the frying pan. Crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**), then stir to combine. Simmer until thickened, **2-3 minutes**. Add the chopped **baby spinach**, **fettuccine** and a **splash** of the **reserved pasta water** and toss to combine. Remove the pan from the heat and add the **parsley** (reserve some for garnish) and a **splash** more **pasta water** if needed. Season to taste with **salt** and **pepper**.



## 2. Cook the pasta

Add the **fettuccine** to the saucepan of boiling **water** and cook until 'al dente', **10 minutes**. Reserve **1 cup** of **pasta water**, drain, then return the **fettuccine** to the saucepan. **Drizzle** with **olive oil** to prevent sticking.

**TIP:** 'Al dente' means the pasta is cooked through but still has a bit of firmness in the middle.



## 5. Make the salad

In a medium bowl, combine the **balsamic vinegar**, **honey** and **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**). Season with **salt** and **pepper** and mix well. Add the sliced **pear** and **rocket leaves** and toss to coat.



## 3. Cook the mushrooms

While the pasta is cooking, in a large frying pan, heat the **butter** and a **drizzle** of **olive oil** over a high heat. Add the **sliced mushrooms** and cook, stirring, until well browned, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.

**TIP:** Cooking the mushrooms this way will bring out their flavour.



## 6. Serve up

Divide the creamy mushroom fettuccine between bowls and serve with the rocket and pear salad. Drizzle some of the **truffle oil** over the pasta, to taste, and sprinkle the **shaved Parmesan cheese** over the pasta and salad. Garnish with the reserved parsley.

**TIP:** Truffle has a strong flavour, if you're not a fan, serve the pasta without it.

**Enjoy!**