



# Pulled Mushroom Ragu & Fettuccine

with Garlic-Rosemary Pangrattato & Pear Salad

Grab your Meal Kit with this symbol



Pear



Garlic



Brown Onion



Carrot



Rosemary



Plant-Based Slow Braised Meat



Panko Breadcrumbs



Garlic & Herb Seasoning



Fettuccine



Diced Tomatoes With Garlic & Olive Oil



Vegetable Stock



Italian Herbs



Grated Parmesan Cheese



Spinach & Rocket Mix

Hands-on: 20-30 mins  
 Ready in: 30-40 mins

Eat me early

Craving a big bowl of pasta with slow-cooked flavours that comes together fast? Our rich ragu and fettuccine dish uses one of our new veggie alternative proteins - a plant-based slow braised meat, made primarily from mushrooms - for absolute decadence with every bite!

### 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	4 People
olive oil*	refer to method	refer to method
pear	1	2
garlic	3 cloves	6 cloves
brown onion	1	2
carrot	1	2
rosemary	2 sticks	4 sticks
plant-based slow braised meat	1 packet	2 packets
panko breadcrumbs	½ packet	1 packet
garlic & herb seasoning	1 sachet	2 sachets
fettuccine	1 packet	2 packets
diced tomatoes with garlic & olive oil	1 tin	2 tins
butter*	20g	40g
vegetable stock	2 cubes	4 cubes
Italian herbs	½ sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
balsamic vinegar*	2 tsp	1 tbs
spinach & rocket mix	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4193kJ (1002Cal)	595kJ (142Cal)
Protein (g)	33.3g	4.7g
Fat, total (g)	41.3g	5.9g
- saturated (g)	26.6g	3.8g
Carbohydrate (g)	123.9g	17.6g
- sugars (g)	32.3g	4.6g
Sodium (mg)	2209mg	314mg

The quantities provided above are averages only.

## 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.



## Get prepped

Bring a large saucepan of salted water to the boil. Thinly slice the **pear**. Finely chop the **garlic** and **brown onion**. Grate the **carrot**. Pick and finely chop the **rosemary**. Roughly chop the **plant-based slow braised meat**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **panko breadcrumbs** (see ingredients) and toast, tossing, until golden, **2-3 minutes**. Add the **rosemary** and 1/3 of the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and season to taste.



## Finish the ragu

Add the **diced tomatoes with garlic & olive oil**, **butter**, reserved **pasta water**, **vegetable stock** (2 cubes for 2 people / 4 cubes for 4 people) and **Italian herbs** (see ingredients) to the frying pan. Stir to combine. Reduce the heat to medium and simmer until slightly thickened, **2-3 minutes**.

**TIP:** Add a splash more reserved pasta water if the sauce looks dry!



## Start the ragu

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and **carrot** and cook until softened, **6-8 minutes**. Add the **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**. Add a drizzle of **olive oil** and the **plant-based slow braised meat** and cook, until broken down and slightly browned, **3-5 minutes**.



## Bring it all together

Add the cooked **fettuccine** and 1/2 the **grated Parmesan cheese** to the ragu. Toss to coat and season to taste. In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper**. Add the **pear** and **spinach & rocket mix**. Toss to combine.



## Cook the pasta

While the veggies are cooking, cook the **fettuccine** in the boiling **water** until 'al dente', **9 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cups for 4 people), drain, then return to the saucepan with a drizzle with **olive oil** to prevent the **fettuccine** sticking together.

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



## Serve up

Divide the pulled mushroom ragu and fettuccine between bowls. Sprinkle over the garlic-rosemary pangrattato and the remaining Parmesan cheese. Serve with the pear salad.

## Enjoy!