



Truffle Mushroom Carbonara

with Parsley and Cheese

Nº 24

CLASSIC 25 Minutes • 1 of your 5 a day • Veggie



Spaghetti



Closed Cup Mushrooms



Flat Leaf Parsley



Garlic



Sour Cream



Eggs



Grated Italian Style Hard Cheese



Truffle Zest

Before you start

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

Basic cooking tools, you will need:

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

Ingredient

	2P	3P	4P
Spaghetti 13	200g	300g	400g
Reserved Pasta Cooking Water*	150ml	200ml	300ml
Closed Cup Mushrooms**	1 large punnet	1 small & 1 large punnet	2 large punnets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic**	2 cloves	3 cloves	4 cloves
Sour Cream 7 **	100g	150g	200g
Eggs 8 **	2	3	4
Grated Italian Style Hard Cheese 7 8 **	1 pack	1½ packs	2 packs
Truffle Zest	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	340g	100g
Energy (kJ/kcal)	2456 / 587	723 / 173
Fat (g)	17	5
Sat. Fat (g)	8	2
Carbohydrate (g)	77	23
Sugars (g)	5	1
Protein (g)	30	9
Salt (g)	0.77	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **13**) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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. Cook the Pasta

Bring a saucepan of **water** up to the boil with ½ tsp **salt** for the **spaghetti**. When boiling, add the **spaghetti** (see ingredients for amount) and cook until tender, 12 mins. Once cooked, reserve some of the **pasta cooking water** (see ingredients for amount). Then drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



4. Truffle Mushrooms

Heat a drizzle of **oil** in a large frying pan on medium high heat. Once hot, add the **mushrooms** and fry until golden, 4-5 mins. Stir in the **garlic** and cook for a further 1-2 mins. Sprinkle in the **truffle zest** and **half** the **chopped parsley**. Stir through and cook for 1 minute. Remove from the heat.



2. Prep the Veggies

Meanwhile, thinly slice the **mushrooms**. Roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press).



5. Make the Carbonara

Pop the drained **spaghetti** in it's saucepan and pop on a low heat. Quickly add the **egg mixture** and toss together. Keep lifting the **pasta** up so that it's evenly coated and so the **egg mixture** doesn't scramble, 1 minute. Add a splash of **pasta water** to loosen it if needed - the **sauce** should be moist but not wet.



3. Carbonara Sauce

Pop the **soured cream** and **eggs** (see ingredients for both amounts) into a small bowl. Whisk them together with a fork until completely combined. Add ¾ of the **hard Italian style cheese** and stir through. Season with **salt** and **pepper**.



6. Serve up

Reheat the **mushrooms** if necessary. Divide the **pasta** between bowls with a portion of **truffle mushrooms** on top. Finish with a sprinkle of the remaining **parsley** and **cheese**.

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.