






More Than Food

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Tarragon Infused Wild Mushroom Tagliatelle

Drum roll maestro if you please...! This week we wanted to get you cooking with tarragon. Tarragon is one of what the French call the 'fines herbes' and you might be used to tasting it in Béarnaise sauce. Trivia alert: it's slightly aniseed flavour and popular in Azerbaijan where you can even drink it in a bright green carbonated drink called Tarhun.



25 mins



veggie



healthy



Red Onion



Garlic Clove



Parsley



Tarragon



Wild Mushrooms



Vegetable Stock Pot



Tagliatelle



Flour



Crème Fraîche




Lemon



Hard Italian Cheese

Ingredients

	2P	4P
Red Onion, chopped	½	1
Garlic Clove, chopped	1	2
Parsley, chopped	3 tbsp	5 tbsp
Tarragon, chopped	3 sprigs	6 sprigs
Wild Mushrooms, sliced	1 punnet	2 punnets
Vegetable Stock Pot 1	½	1
Tagliatelle 2	220g	440g
Flour 2	½ tbsp	1 tbsp
Crème Fraîche 3	1 small pot	1 large pot
Lemon	½	1
Hard Italian Cheese 3	2 tbsp	4 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1) Celery | 2) Gluten
3) Milk

Nutrition per serving: Calories: 558 kcal | Protein: 29 g | Carbs: 87 g | Fat: 10 g | Saturated Fat: 4 g



1 Boil a kettle. Peel and finely chop the red onion, garlic and parsley. Finely chop the tarragon. Thinly slice the mushrooms. Mix half the stock pot with 120ml of your boiling water in a jug and stir to dissolve.

water to loosen it up.



2 Heat a large frying pan over a medium heat and add 1 tbsp of olive oil. Once warm, add the onion and sweat for 2-3 mins until translucent. Add the garlic and mushrooms and season with ¼ tsp of salt and a few good grinds of black pepper. Cook for a few mins until the mushrooms are cooked through, then turn heat to low.

5 Finish the sauce by stirring in the crème fraîche. Add a good squeeze of lemon juice and a couple more twists of black pepper. Cook gently for 1-2 mins.



3 Meanwhile, bring a large pot of water to the boil for the pasta and add ¼ tsp of salt. Cook your pasta in the boiling water for around 10 mins or until 'al dente'. **Tip:** 'Al dente' means the pasta is cooked through but has a hint of firmness left in the middle.

6 Drain the pasta and add to the pan with the sauce.



4 Sprinkle the flour over the mushrooms and stir gently until it has been absorbed. Add the vegetable stock, parsley and tarragon to the pan. Simmer gently until thickened (about 3 mins). Add a few tbsp of the pasta

7 Serve in bowls with your cheese sprinkled over the top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!