



Creamy Truffle and Mushroom Rigatoni with Tenderstem® Broccoli

17

Quick 20 Minutes • 1 of your 5 a day



Rigatoni Pasta



Garlic Clove



Tenderstem® Broccoli



Sliced Mushrooms



Creme Fraiche



Vegetable Stock Paste



Truffle Zest



Grated Hard Italian Style Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press and colander.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---|-----------|------------|-----------|
| Rigatoni Pasta 13) | 180g | 270g | 360g |
| Garlic Clove** | 1 | 2 | 2 |
| Tenderstem® Broccoli** | 150g | 200g | 300g |
| Sliced Mushrooms** | 120g | 180g | 240g |
| Crema Fraiche** 7) | 150g | 225g | 300g |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Truffle Zest | 1 sachet | 1½ sachets | 2 sachets |
| Grated Hard Italian Style Cheese** 7) 8) | 40g | 60g | 80g |
| Bacon Lardons** | 90g | 120g | 180g |
| Pantry | 2P | 3P | 4P |
| Water for the Sauce* | 50ml | 75ml | 100ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 354g | 100g | 399g | 100g |
| Energy (kJ/kcal) | 2847 /680 | 805 /192 | 3335 /797 | 837 /200 |
| Fat (g) | 31.5 | 8.9 | 40.6 | 10.2 |
| Sat. Fat (g) | 19.0 | 5.4 | 21.9 | 5.5 |
| Carbohydrate (g) | 73.0 | 20.6 | 73.9 | 18.5 |
| Sugars (g) | 7.4 | 2.1 | 7.4 | 1.9 |
| Protein (g) | 24.7 | 7.0 | 32.4 | 8.1 |
| Salt (g) | 1.70 | 0.48 | 2.92 | 0.73 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Pasta

- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- Once boiling, add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.



Fry the Mushrooms

- Once the **oil** is hot, add the **sliced mushrooms** and season with **salt and pepper**.
- Stir-fry until golden, 4-5 mins.
- Stir in the **garlic** and cook for 1 min more.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add it to the pan with the **mushrooms**. Stir-fry until golden, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **bacon** thoroughly.



Get Prepped

- While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press).
- Cut the **Tenderstem®** into thirds.
- When the **pasta** has been cooking for 8 mins, add the **Tenderstem®** to the same pan and bring back to the boil.
- Cook with the **pasta** for the last 4 mins of cooking time.



Creamy Sauce Time

- Next, reduce the heat slightly, then add the **creme fraiche** and **veg stock paste**.
- Pour in the **water for the sauce** (see pantry for amount). Bring to the boil and simmer for 2 mins, then remove from the heat.
- Stir through the **truffle zest** and **hard Italian style cheese**. Add a splash of **water** if the **sauce** is a little too thick.



Drain your Pasta and Veg

- When the **pasta** and **broccoli** are cooked, drain them in a colander.
- Drizzle with **oil** to stop them sticking together and leave the colander in the sink.
- Pop your (now empty) pan back on medium-high heat with a drizzle of **oil** (no need to clean).



Combine and Serve

- Add the **cooked pasta** and **broccoli** to the **creamy sauce** and toss together. Reheat if necessary.
- Taste and add **salt and pepper** if needed.
- Serve the **creamy rigatoni** in bowls and tuck in.

Enjoy!