



Creamy Double Mushroom Penne with Cheese

Classic 30-35 Minutes • 2 of your 5 a day

19



Red Onion



Portobello
Mushrooms



Garlic Clove



Penne Pasta



Sliced Mushrooms



Balsamic Vinegar



UHT Cooking Cream



Vegetable Stock
Paste



Grated Hard
Italian Style Cheese



Diced Chicken
Breast

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, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Portobello Mushrooms**	2	3	3
Garlic Clove**	2	3	4
Penne Pasta 13	180g	270g	360g
Sliced Mushrooms**	120g	180g	240g
Balsamic Vinegar 14	12ml	12ml	24ml
UHT Cooking Cream 7	150ml	225ml	300ml
Vegetable Stock Paste 10	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	456g	100g	586g	100g
Energy (kJ/kcal)	2814 /673	617 /148	3462 /827	591 /141
Fat (g)	30.0	6.6	32.4	5.5
Sat. Fat (g)	20.7	4.5	21.4	3.6
Carbohydrate (g)	76.2	16.7	76.3	13.0
Sugars (g)	12.0	2.6	12.1	2.1
Protein (g)	23.1	5.1	54.6	9.3
Salt (g)	1.56	0.34	1.76	0.30

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
14) Sulphites

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. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt**.

Halve, peel and thinly slice the **red onion**. Thinly slice the **portobello mushrooms**.

Peel and grate the **garlic** (or use a garlic press).



Cook the Pasta

When your pan of **water** is boiling, add the **penne** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Fry the Mushrooms

While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on high heat. Once hot, fry the **portobello** and **sliced mushrooms** until browned, stirring occasionally, 4-5 mins. Season with **salt** and **pepper**.

Lower the heat to medium and add the **onion**. Cook, stirring frequently, until softened, 6-8 mins. Add the **garlic** and **balsamic vinegar** and cook until evaporated, 1 min.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan before the **mushrooms**. Fry, 5-6 mins. Remove from the pan and set aside, then fry the **mushrooms**. **IMPORTANT:** Wash hands and utensils after handling raw meat.



Bring on the Creamy Sauce

When the **veg** is cooked, stir in the **cooking cream**, **veg stock paste** and the **water for the sauce** (see pantry for amount). Bring to the boil and simmer, stirring occasionally, until reduced, 4-5 mins.

CUSTOM RECIPE

Return the **chicken** to the pan with the **veg stock paste**. It will cook through while simmering.
IMPORTANT: Cook so there's no pink in the chicken.



Mix It Up

Once the **sauce** is reduced, stir through the **cooked penne** and **hard Italian style cheese** until piping hot and melted, 1-2 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



Serve

Share your **double mushroom penne** between your bowls.

Enjoy!