

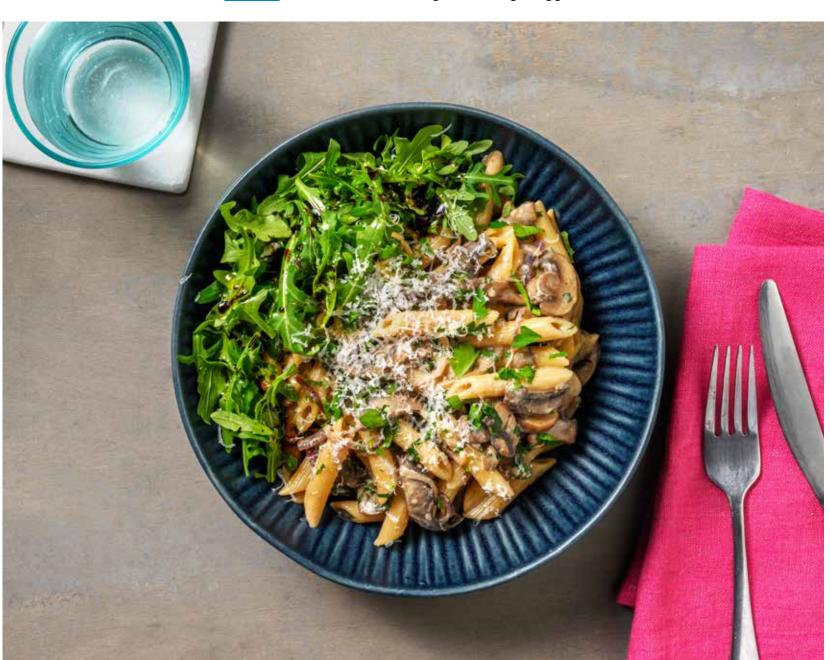
# Creamy Chestnut Mushroom Penne

with Cheese and Balsamic Dressed Rocket

Classic

30-35 Minutes · 1 of your 5 a day · Veggie

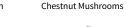






**Red Onion** 







**Garlic Clove** 







Balsamic Vinegar



Penne Pasta

Flat Leaf Parsley



Vegetable Stock



Creme Fraiche



Grated Hard Italian Style Cheese



Rocket

## Before you start

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

# Cooking tools

 $Sauce pan, garlic\ press,\ bowl,\ colander\ and\ frying\ pan.$ 

## **Ingredients**

	2P	3P	4P	
Red Onion**	1	1	2	
Chestnut Mushrooms**	300g	450g	600g	
Garlic Clove**	2	3	4	
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch	
Balsamic Vinegar <b>14)</b>	1 sachet	2 sachets	2 sachets	
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp	
Penne Pasta 13)	180g	270g	360g	
Water for the Sauce*	150ml	225ml	300ml	
Vegetable Stock Paste <b>10</b> )	10g	15g	20g	
Creme Fraiche** 7)	100g	150g	200g	
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g	
Rocket**	20g	40g	40g	
*Not Included **Store in the Fridge				

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#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	398g	100g
Energy (kJ/kcal)	2681/641	674/161
Fat (g)	27.1	6.8
Sat. Fat (g)	14.5	3.6
Carbohydrate (g)	74.8	18.8
Sugars (g)	8.8	2.2
Protein (g)	22.8	5.7
Salt (g)	1.42	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

# **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, 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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# **Get Prepped**

Bring a large saucepan of **water** to the boil with ½ **tsp salt**.

Halve, peel and thinly slice the **red onion**. Thinly slice the **chestnut mushrooms**. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all).

Pour half the balsamic vinegar into a bowl with the olive oil for the dressing (see ingredients for amount) and season with salt and pepper. Mix together and set aside until ready to serve.



#### 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. Set aside, off the heat.



#### Start the Sauce

While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium heat. Add the **mushrooms** and cook until browned, stirring occasionally, 6-7 mins.

Once browned, reduce the heat to medium-low and add the **onion**. Cook, stirring frequently, until the **onion** is soft, 5-6 mins.

Stir in the **garlic** and season with **salt** and **pepper**. Cook for 1 min, then add the remaining **balsamic vinegar** and cook until evaporated, 1 min.



## Simmer and Stir

Pour the water for the sauce (see ingredients for amount) into your frying pan and stir in the vegetable stock paste.

Increase the heat and bring to the boil, then reduce the heat to low and simmer until reduced, 5-6 mins, stirring occasionally.

Stir in the **creme fraiche** until well combined, bring back to the boil and add a good grind of **pepper**. Remove from the heat.



# Mix It Up

Add the **cooked pasta** to the **sauce** along with **three quarters** of the **hard Italian style cheese** and **three quarters** of the **parsley**.

Stir everything together. Taste and add more **salt** and **pepper** if needed.



#### Serve

Spoon your **mushroom penne** into bowls and sprinkle the remaining **cheese** and **parsley** on top.

Add the **rocket** to the **balsamic dressing** and toss together. Serve on top of the **pasta** finished with another good grind of **pepper**.

# Enjoy!

