



Creamy Chestnut Mushroom Penne

with Cheese and Balsamic Dressed Rocket

Classic 30-35 Minutes • 1 of your 5 a day • Veggie

4



Red Onion



Chestnut Mushrooms



Garlic Clove



Flat Leaf Parsley



Balsamic Vinegar



Penne Pasta



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Rocket

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Saucepan, 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 14) | 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 10) | 10g | 15g | 20g |
| Crema Fraiche** 7) | 100g | 150g | 200g |
| Grated Hard Italian Style Cheese** 7) 8) | 40g | 65g | 80g |
| Rocket** | 20g | 40g | 40g |

*Not Included **Store in the Fridge

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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Packed in the UK

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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 **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.



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



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.



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.



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.



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!