



Creamy Miso Mushroom Linguine

with Spinach

Nº 12

FAMILY Hands on Time: 20 Minutes • Total Time: 35 Minutes • Veggie • 1.5 of your 5 a day



Closed Cup Mushrooms



Shiitake Mushrooms



Echalion Shallot



Flat Leaf Parsley



Garlic Clove



Wheat Linguine



Dried Thyme



Miso Paste



Creme Fraiche



Hard Italian Style Grated Cheese



Baby Spinach

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Large Frying Pan and Colander.

Ingredients

	2P	3P	4P
Closed Cup Mushrooms**	1 punnet	1½ punnets	2 punnets
Shiitake Mushrooms**	1 punnet	1½ punnets	2 punnets
Echalion Shallot**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Wheat Linguine 13)	200g	300g	400g
Dried Thyme	½ pot	¾ pot	1 pot
Miso Paste 11)	1 sachet	1 sachet	2 sachets
Pasta Cooking Water for the Sauce*	100ml	150ml	200ml
Creme Fraiche 7)**	150g	225g	300g
Hard Italian Style Grated Cheese 7) 8)**	1 pack	2 packs	2 packs
Baby Spinach**	1 bag	1 bag	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	450g	100g
Energy (kJ/kcal)	2810/672	624/149
Fat (g)	31	7
Sat. Fat (g)	14	3
Carbohydrate (g)	82	18
Sugars (g)	8	2
Protein (g)	27	6
Salt (g)	1.34	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **11**) Soya **13**) Gluten

Wheat Linguine. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Get Prepped

Bring a large pan of **water** to the boil with ½ tsp of **salt** for the pasta. Thinly slice both types of **mushrooms**. Halve, peel and chop the **shallot** into small pieces. Roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press).



4. Add the Pasta

When the **wheat pasta** is cooked, reserve some of the **wheat pasta cooking water** (see ingredients for amount). Drain it in a colander, pop the **wheat pasta** back in the pan and drizzle with **oil** to prevent it sticking together.



2. Cook the Pasta

Meanwhile, once the **water** has come to the boil, add the **wheat linguine** and cook until tender, 12 mins.



5. Finish the Sauce

Add the **creme fraiche**, **cheese** and reserved **wheat pasta cooking water** to the **mushrooms**. Stir together and cook until the **cheese** has melted. Add the **spinach** a handful at a time, stirring, until it has all wilted. Add the **wheat pasta** to the **mushroom mixture**. Mix well and stir through **half** of the **parsley**. Add a pinch of **salt** and **pepper**, taste and add more **salt** and **pepper** if you feel it needs it.



3. Start the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan over high heat. Add all the **mushrooms** and a pinch of **salt** and **pepper**. Cook, stirring regularly, until browned, 6-8 mins. Add a knob of **butter** (if you have some). Lower the heat to medium, add the **shallot** and cook until soft, 2-3 mins, then add the **garlic**, **thyme** and **miso paste** and cook for a further 1 minute.



6. Serve

Divide the **wheat pasta** between plates and scatter over the remaining **parsley**.

Enjoy!