



# Creamy Mushroom Pasta with Balsamic Dressed Rocket

Classic 30 Minutes • 1 of your 5 a day

N° 18



Red Onion



Chestnut Mushrooms



Portobello Mushrooms



Garlic Clove



Flat Leaf Parsley



Balsamic Vinegar



Penne Pasta



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Rocket



Diced Chicken Breast



## CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

## Before you start

All our fruit & veg need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Garlic Press, Bowl, Colander, Frying Pan.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Chestnut Mushrooms**	150g	225g	300g
Portobello Mushrooms**	2	3	3
Garlic Clove	2	3	4
Olive Oil*	1 tbspc	2 tbspc	2 tbspc
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Balsamic Vinegar (14)	1 sachet	2 sachets	2 sachets
Penne Pasta (13)	180g	270g	360g
Water*	150ml	225ml	300ml
Vegetable Stock Paste (10)	10g	15g	20g
Creme Fraiche (7)**	99g	150g	199.5g
Grated Hard Italian Style Cheese (7) (8)**	40g	60g	80g
Rocket	40g	60g	80g
Diced Chicken Breast**	280g	420g	560g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	408g	100g
Energy (kJ/kcal)	2570 /614	630 /150
Fat (g)	26	6
Sat. Fat (g)	12	3
Carbohydrate (g)	75	19
Sugars (g)	9	2
Protein (g)	24	6
Salt (g)	1.63	0.40
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	548g	100g
Energy (kJ/kcal)	3232 /772	590 /141
Fat (g)	29	5
Sat. Fat (g)	12	2
Carbohydrate (g)	76	14
Sugars (g)	9	2
Protein (g)	58	11
Salt (g)	1.77	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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1



## Get Prepped

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Halve, peel and thinly slice the **red onion**. Thinly slice the **chestnut mushrooms** and **portobello mushrooms**. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all). Pour **half** the the **balsamic vinegar** into a bowl, add the **olive oil** (see ingredient list for amount) and season with **salt** and **pepper**. Mix together and leave to the side.

2



## Cook the Pasta

Add the **penne** to the boiling **water**, simmer until tender, 12 mins. When the **pasta** is cooked, drain in a colander, pop back into the pan, drizzle with a little **oil** and stir through to stop it sticking together. Set aside off the heat.

3



## 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 low-medium and add the **onion**. Cook, stirring frequently until the **onion** is nice and soft, 5-6 mins, then add the **garlic**, season with **salt** and **pepper**. Stir and cook for 1 minute. Add the remaining **balsamic vinegar**, stir and cook until evaporated, 1 minute.



## CUSTOM RECIPE

If you've decided to add **chicken** to your meal, add to the pan when you add the **mushrooms** and cook for the same amount of time. **IMPORTANT:** Wash your hands after handling chicken and its packaging. Continue with the rest of the recipe as instructed and the chicken is cooked.

4



## Simmer

Pour the **water** (see ingredient list 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, stir occasionally. Stir in the **creme fraiche** until well combined, bring back to the boil and add a good grind of **black pepper**. Remove from the heat.

5



## Combine

Add the drained **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 you feel it needs it.

6



## Serve

Spoon your **pasta** 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**, finish with a good grind of **black pepper**.

## Enjoy!



## CUSTOM RECIPE

If you've added **chicken** to your meal, make sure it's cooked through. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:**

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.