



# Creamy Mushroom Pasta

with Balsamic Dressed Rocket

**CLASSIC** 30 Minutes • 1.5 of your 5 a day • Veggie

N° 7



Red Onion



Chestnut Mushrooms



Portobello Mushrooms



Garlic Clove



Flat Leaf Parsley



Balsamic Vinegar



Penne Pasta



Vegetable Stock Powder



Creme Fraiche



Hard Italian Style Cheese



Rocket

## 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), Colander, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Portobello Mushrooms**	1 small punnet	1 large punnet	1 large punnet
Garlic Clove**	2 cloves	3 cloves	4 cloves
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)	200g	300g	400g
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Powder (10)	1 sachet	1½ sachets	2 sachets
Creme Fraiche (7)**	100g	150g	200g
Hard Italian Style Cheese (7) (8)**	1 bag	1½ bags	2 bags
Rocket**	1 bag	1½ bags	2bag

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	430g	100g
Energy (kJ/kcal)	2755/659	641/153
Fat (g)	26	6
Sat. Fat (g)	11	3
Carbohydrate (g)	86	20
Sugars (g)	11	3
Protein (g)	26	6
Salt (g)	1.23	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK

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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.



## 4. Simmer

Pour the **water** (see ingredient list for amount) into your frying pan and stir in the **vegetable stock powder**. 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.



## 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.



## 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.



## 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 medium low 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.



## 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!

*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.