



Creamy Mushroom Penne with Cheese and Balsamic Dressed Rocket

Classic 30 Minutes • 1 of your 5 a day

19



Red Onion



Chestnut Mushrooms



Portobello Mushroom



Garlic Clove



Flat Leaf Parsley



Balsamic Vinegar



Penne Pasta



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Rocket



Bacon Lardons



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

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

Cooking tools, you will need:

Saucepan, Garlic Press, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Chestnut Mushrooms**	150g	225g	300g
Portobello Mushroom**	2	3	3
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
Creme Fraiche** 7)	100g	150g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Rocket**	40g	60g	80g
Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	408g	100g
Energy (kJ/kcal)	2549 /609	625 /149
Fat (g)	26	6
Sat. Fat (g)	12	3
Carbohydrate (g)	76	19
Sugars (g)	8	2
Protein (g)	23	6
Salt (g)	1.43	0.35

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	453g	100g
Energy (kJ/kcal)	3036 /726	670 /160
Fat (g)	35	8
Sat. Fat (g)	15	3
Carbohydrate (g)	77	17
Sugars (g)	9	2
Protein (g)	31	7
Salt (g)	2.66	0.59

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, Soy, Gluten & Sulphites.

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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** 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 ingredients for amount) and season with **salt** and **pepper**. Mix together and leave to the side.



Cook the Pasta

When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins. When the **pasta** is cooked, drain in a colander and pop back into the pan. Drizzle with a little **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 nice and soft, 5-6 mins. Add the **garlic** and season with **salt** and **pepper**. Stir and cook for 1 min. Add the **remaining balsamic vinegar**, stir and cook until evaporated, 1 min.



CUSTOM RECIPE

If you've opted to get **bacon lardons** added to your meal, add to the pan before the **mushrooms** and cook for 2 mins. Then add the **mushrooms** and continue. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Simmer

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 **black pepper**. Remove from the heat.



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 needed.



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** and finish with a good grind of **black pepper**.

Enjoy!