
















Creamy Mushroom Tagliatelle & Toasted Pine Nuts with Asparagus and Balsamic Tomato Rocket Salad

Premium 40 Minutes • 2 of your 5 a day

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-  Portobello Mushroom
-  Exotic Mushroom Mix
-  Asparagus Bundles
-  Baby Plum Tomatoes
-  Garlic Clove
-  Cheddar Cheese
-  Balsamic Vinegar
-  Pine Nuts
-  Mushroom Broth Paste
-  Vegetable Stock Paste
-  Fresh Egg Tagliatelle
-  Soured Cream
-  Rocket

Before you start

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

Cooking tools, you will need:

Saucepan, Grater, Garlic Press, Bowl, Frying pan, Bowl, Measuring Cup, Colander.

Ingredients

	2P	3P	4P
Portobello Mushroom**	2	3	4
Exotic Mushroom Mix**	150g	225g	300g
Asparagus Bundles**	150g	200g	300g
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove	2	3	4
Cheddar Cheese 7)**	30g	45g	60g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	2 tbsps	2 tbsps
Pine Nuts	15g	30g	30g
Water for the Sauce*	150ml	225ml	300ml
Mushroom Broth Paste	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Fresh Egg Tagliatelle 8) 13)**	200g	300g	400g
Soured Cream 7)**	150g	225g	300g
Rocket**	20g	40g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	523g	100g
Energy (kJ/kcal)	2320/555	444/106
Fat (g)	31	6
Sat. Fat (g)	13	3
Carbohydrate (g)	46	9
Sugars (g)	9	2
Protein (g)	20	4
Salt (g)	2.05	0.39

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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Get Prepped

Bring a large saucepan of **water** to the boil with ½ tsp of **salt** (this is for your **pasta** later on). Thinly slice the **portobello mushrooms**. Tear the **yellow and grey oyster mushrooms** into smaller pieces (the colours are the hint - the grey is the larger version). Cut the **shiitake and chestnut** into quarters. Trim the bottom 2cm off of the **asparagus** and discard. Chop into 3 pieces. Halve the **tomatoes**. Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.



Sauce Time

Add the **exotic mushrooms** to the pan and stir-fry for 2 mins, then add the **portobello mushrooms** too and season with **salt** and **pepper**. Stir-fry the **mushrooms** until nicely browned, 5-6 mins, then stir in the **garlic** and cook for 1 more min. Add the **water for the sauce** (see ingredients for amount) along with the **mushroom broth paste** and **vegetable stock paste**. Stir together, bring to the boil and simmer until the liquid has reduced by half, 2-3 mins.



Make the Salad

Pop the **balsamic vinegar** into a bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and add the **tomatoes**. Mix together and set aside.



Cook the Pasta

Meanwhile, add the **tagliatelle** and **asparagus** to the boiling **water** and cook until tender, 3-4 mins. While the **pasta** cooks and once the **sauce** has reduced, stir in the **soured cream** and bring to the boil then remove the pan from the heat. When the **tagliatelle** and **asparagus** is ready, drain and add to the **mushroom sauce**.



Toast the Nuts

Heat a large frying pan on medium heat (no oil). Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch them like a hawk as they can burn easily.** Transfer the **nuts** to a bowl and pop your pan back on medium-high heat with a drizzle of **oil**.



Serve

Add the **rocket** to the bowl with the **tomatoes** and toss to coat. Serve the **pasta** in large bowls with the **salad** alongside. Sprinkle the **cheese** over the **pasta** and finish with the **pine nuts** and a 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.