



Creamy Truffle and Mushroom Rigatoni

with Walnuts and Tenderstem Broccoli

N° 16

RAPID 20 Minutes • 1 of your 5 a day • Veggie



Rigatoni



Garlic Clove



Tenderstem Broccoli®



Sliced Mushrooms



Crème Fraîche



Vegetable Stock Powder



Truffle Powder



Grated Italian Style Hard Cheese



Walnuts

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
Rigatoni 13)	200g	300g	400g
Garlic Clove**	1 clove	2 cloves	2 cloves
Tenderstem Broccoli 6 ***	1 small pack	1 large pack	2 small packs
Sliced Mushrooms**	1 punnet	1½ punnets	2 punnets
Crème Fraîche 7) **	150g	225g	300g
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Truffle Powder	1 sachet	1½ sachets	2 sachets
Grated Italian Style Hard Cheese 7) 8) **	1 sachet	1½ sachets	2 sachets
Walnuts 2)	1 small pot	1 large pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	363g	100g
Energy (kJ/kcal)	3067 /733	846 /202
Fat (g)	36	10
Sat. Fat (g)	15	4
Carbohydrate (g)	85	24
Sugars (g)	8	2
Protein (g)	28	8
Salt (g)	1.29	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 8) Egg 10) Celery 13) Gluten

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



1. Cook the Pasta

- Bring a large saucepan of **water** to the boil with ½ tsp of **salt**.
- Once boiling, add the **rigatoni pasta** and cook until tender, 12 mins.



2. Get Prepped

- While the **pasta** is cooking, peel and grate the **garlic** (or use a **garlic press**).
- Chop the **tenderstem broccoli** into 3 pieces widthways.
- When the **pasta** has been cooking for 8 mins, add the **tenderstem** to the **pasta** and bring back to the boil.
- Cook with the **pasta** for the last 4 mins of cooking time.



3. Drain

- When the **pasta** and **broccoli** are cooked, drain them in a colander.
- Drizzle with **oil** to stop them sticking together, leave the colander in the sink.



4. Cook the Mushrooms

- Pop your pan back on medium high heat with a drizzle of **oil**.
- Add the **sliced mushrooms** and season with **salt** and **pepper**.
- Stir-fry until golden, 4-5 mins.
- Stir in the **garlic** and cook for 1 minute more.



5. Sauce Time

- Reduce the heat slightly, then add the **crème fraîche** and **veg stock powder**.
- Pour in the **water** (see ingredients for amount), bring to the boil and simmer for 2 mins. Remove from the heat.
- Stir in the **truffle powder** and **hard Italian style cheese**.



6. Combine and Serve

- Add the **pasta** and **broccoli** to the **sauce** and toss together.
 - Taste and add **salt** and **pepper** if you feel it needs it.
 - Serve in bowls, sprinkle over the **walnuts**.
- 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.