



Creamy Truffle and Mushroom Penne

with Tenderstem® Broccoli and Walnuts

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

17



Penne Pasta



Garlic Clove



Tenderstem®
Broccoli



Sliced
Mushrooms



Creme Fraiche



Vegetable Stock
Paste



Truffle Zest



Grated Hard Italian
Style Cheese



Walnuts

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, colander and measuring jug.

Ingredients

	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Garlic Clove**	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Sliced Mushrooms**	120g	180g	240g
Crème Fraîche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Sauce*	50ml	75ml	100ml
Truffle Zest	1 sachet	1½ sachets	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g
Walnuts 2)	20g	40g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	339g	100g
Energy (kJ/kcal)	3115 / 745	920 / 220
Fat (g)	38	11
Sat. Fat (g)	20	6
Carbohydrate (g)	73	22
Sugars (g)	8	2
Protein (g)	26	8
Salt (g)	1.57	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

The Fresh Farm

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Cook the Pasta

a) Bring a large saucepan of **water** to the boil with **½ tsp salt**.

b) Once boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.



Get Prepped

a) While the **pasta** is cooking, peel and grate the **garlic** (or use a garlic press).

b) Chop the **Tenderstem®** into 3 pieces widthways.

c) When the **pasta** has been cooking for 8 mins, add the **Tenderstem®** to the **pasta** and **water** and bring back to the boil.

d) Cook with the **pasta** for the last 4 mins of cooking time.



Drain your Pasta and Veg

a) When the **pasta** and **broccoli** are cooked, drain them in a colander.

b) Drizzle with **oil** to stop them sticking together and leave the colander in the sink.



Cook the Mushrooms

a) Pop your pan back on medium-high heat with a drizzle of **oil**.

b) Add the **sliced mushrooms** and season with **salt** and **pepper**.

c) Stir-fry until golden, 4-5 mins.

d) Stir in the **garlic** and cook for 1 min more.



Sauce Time

a) Reduce the heat slightly, then add the **crème fraiche** and **veg stock paste**.

b) Pour in the **water for the sauce** (see ingredients for amount), bring to the boil and simmer for 2 mins, then remove from the heat.

c) Stir in the **truffle zest** and **hard Italian style cheese**.



Combine and Serve

a) Add the **pasta** and **broccoli** to the **sauce** and toss together.

b) Taste and add **salt** and **pepper** if you feel it needs it.

c) Serve in bowls and sprinkle over the **walnuts**.

Enjoy!