



Creamy Truffle and Mushroom Rigatoni with Walnuts

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:

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	1 small	1 large	2 small
Broccoli 8 ***	1 pack	1 pack	2 packs
Sliced	1 small	1 large	2 small
Mushrooms**	1 punnet	1 punnet	2 punnets
Crème Fraîche 7)**	150g	225g	300g
Vegetable Stock Powder 10)	1 sachet	2 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 pack	1½ packs	2 packs
Walnuts 2)	1 small pot	1 large pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	363g	100g
Energy (kJ/kcal)	3086 / 738	851 / 204
Fat (g)	36	10
Sat. Fat (g)	15	4
Carbohydrate (g)	85	23
Sugars (g)	8	2
Protein (g)	28	8
Salt (g)	1.30	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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Cook the Pasta

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

b) Once boiling, add the **rigatoni pasta** and cook until tender, 12 mins.



2. Get Prepped

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

b) Chop the **tenderstem broccoli** 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. Cook with the **pasta** for the last 4 mins of cooking time.



3. Drain

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

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



4. 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. Stir in the **garlic** and cook for 1 minute more.



5. Sauce Time

a) Reduce the heat slightly then add the **crème fraîche** and **veg stock powder**.

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

c) Remove from the heat.

d) Stir in the **truffle powder** and **hard Italian cheese**.



6. 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, 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.