



Creamy Truffle and Mushroom Rigatoni with Tenderstem Broccoli and Walnuts

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

16



Rigatoni



Garlic Clove



Tenderstem Broccoli®



Sliced Mushrooms



Crème Fraîche



Vegetable Stock Powder



Truffle Powder



Grated Hard Italian Style Cheese



Walnuts

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Colander, Wooden Spoon, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Rigatoni 13	200g	300g	400g
Garlic Clove**	1	2	2
Tenderstem Broccoli ***	150g	200g	300g
Sliced Mushrooms**	120g	180g	240g
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	1 ½ sachets	2 sachets
Grated Hard Italian Style Cheese 7) 8) **	40g	60g	80g
Walnuts 2)	20g	40g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	348g	100g
Energy (kJ/kcal)	3129 /748	900 /215
Fat (g)	36	11
Sat. Fat (g)	15	4
Carbohydrate (g)	84	24
Sugars (g)	8	2
Protein (g)	29	8
Salt (g)	1.31	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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.

Contact

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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.



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 broccoli** to the **pasta** and **water** and bring back to the boil. Cook with the **pasta** for the last 4 mins of cooking time.



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.



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**. Stir-fry until golden, 4-5 mins.

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



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. Stir in the **truffle powder** 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, 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.