



Creamy Truffle and Mushroom Rigatoni with Tenderstem® Broccoli and Walnuts

Customer Favourites 20 Minutes • 1 of your 5 a day

38



Rigatoni Pasta



Garlic Clove



Tenderstem®
Broccoli



Closed Cup
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!

Cooking tools, you will need:

Saucepan, Garlic Press, Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
Garlic Clove**	1	2	2
Tenderstem®			
Broccoli**	150g	200g	300g
Closed Cup Mushrooms**	150g	225g	300g
Crema Fraiche** 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	65g	80g
Walnuts 2)	20g	40g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	354g	100g
Energy (kJ/kcal)	2906/695	822/197
Fat (g)	36	10
Sat. Fat (g)	15	4
Carbohydrate (g)	75	21
Sugars (g)	7	2
Protein (g)	26	7
Salt (g)	2.09	0.59

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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Packed in the UK

The Fresh Farm

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You can recycle me!



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 bring back to the boil. 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®** into 3 pieces widthways, thinly slice the **mushrooms**.

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.

3



Drain

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.

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.

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

5



Sauce Time

a) Reduce the heat slightly then add the **creme 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.

c) Remove from the heat.

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