



# Exotic Mushroom Pasta

With Garlic & Rosemary

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

16



Garlic Clove



Flat Leaf Parsley



Rosemary



Exotic Mushroom Mix



Rigatoni



Wild Mushroom Paste



Crème Fraîche



## Before you start

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

## Cooking tools, you will need:

Two Saucepans, Fine Grater (or Garlic Press), Chopping Board, Sharp Knife, Measuring Jug, Frying Pan and Colander.

## Ingredients

	2P	3P	4P
Garlic Clove**	2 cloves	3 cloves	4 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Rosemary**	½ bunch	1 bunch	1 bunch
Exotic Mushroom Mix**	1 small punnet	1 large punnet	2 small punnets
Water for the Sauce*	250ml	375ml	500ml
Rigatoni <b>13</b>	200g	300g	400g
Wild Mushroom Paste	1 pot	1½ pots	2 pots
Crème Fraîche <b>7</b> **	75g	100g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>339g</b>	<b>100g</b>
Energy (kJ/kcal)	2266 / 542	668 / 160
Fat (g)	14	4
Sat. Fat (g)	8	2
Carbohydrate (g)	85	25
Sugars (g)	9	3
Protein (g)	17	5
Salt (g)	1.25	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7** Milk **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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You can recycle me!



## 1 Prep

- Bring a saucepan of **water** up to the boil with 0.5 tsp **salt** for the pasta.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).
- Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).
- Cut **mushrooms** into roughly 2cm pieces or separate the **mushrooms** from their stalks.



## 4 Finish the Sauce

- Add the **crème fraîche** to your sauce, stir to combine and bring to a simmer.
- Lower the heat and simmer until you have a rich, creamy sauce, 2-3 mins. **TIP:** Add a splash more water if the sauce is a little thick.
- Remove from the heat.



## 2 Cook the Pasta

- When the **water** is boiling, add the **rigatoni** and cook until tender, 12 mins.
- Once cooked, drain in a colander, pop back in the pan and drizzle with **oil** and stir through to stop it sticking together.



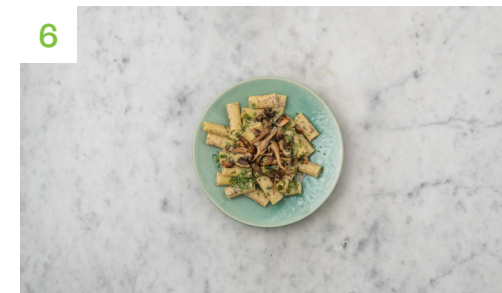
## 5 Mushrooms

- Meanwhile, heat a drizzle of **oil** in another large frying pan on a medium-high heat.
- When hot, add the **exotic mushrooms** and season with **salt** and **pepper**. Cook stirring frequently until starting to soften and turn golden brown, 2-3 mins.
- Once golden, add the remaining **garlic** and cook stirring frequently for 1 minute.
- Remove from the heat.



## 3 Start the Sauce

- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.
- When hot, add the **rosemary** and **half the garlic**. Cook stirring frequently for 1 minute.
- Add the **water** (see ingredients for amount) and **wild mushroom paste**, stir to dissolve and bring to a boil.



## 6 Serve

- When ready to serve, add the **cooked rigatoni** to your **creamy sauce**, mix together and reheat until everything is piping hot.
- Share between your bowls.
- Sprinkle over the **chopped parsley** and top with the **garlicky mushrooms**.

## 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.

