



MUSHROOM TAGLIATELLE

with Stroganoff Sauce and Broccoli



HELLO PAPIKA

Paprika can be used as a natural hair dye!



Tenderstem® Broccoli



Chestnut Mushrooms



Onion



Lemon



Tagliatelle



Tomato Ketchup



Mild Paprika



Worcester Sauce



Sour Cream

MEAL BAG

30 mins

3 of your 5 a day

Veggie

Long day? Too tired to cook? We know the feeling. With just 20 minutes hands-on cooking time, this deliciously simple dish is the perfect thing to knock together if you're in a hurry to get dinner on the table. This creamy tagliatelle is the thing pasta dreams are made of!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine grater**, **Large Saucepan**, **Frying Pan**, **Colander** and **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Cut the **tenderstem® broccoli** in half widthways. Thinly slice the **mushrooms**. Halve, peel and finely chop the **onion**. Zest the **lemon**. Put a large saucepan of **water** with a pinch of **salt** on to boil for the pasta.



2 FRY THE MUSHROOMS

Heat a splash of **oil** in a frying pan over high heat. Add the **mushrooms** and a pinch of **salt** and fry until browned, stirring occasionally, 5 mins. ★ **TIP:** *You don't want to overcrowd the pan as the mushrooms will sweat - do this in batches if you need to.*



3 ADD THE ONION

Turn the heat down to medium and add the **onion**. Cook, stirring occasionally, until softened, 5 mins.



4 COOK THE PASTA

Add the **tagliatelle** to the pan of boiling **water**. After 3 mins, add the **broccoli** to the same pan. Cook for a further 3-4 mins, until the **broccoli** and **pasta** are both cooked, then drain in a colander.



5 SIMMER THE SAUCE

Once the **onion** has softened, turn the heat to low. Add the **ketchup**, **paprika**, **water** (see ingredients for amount), a squeeze of **lemon juice**, a pinch of **lemon zest** and the **Worcester sauce**. Stir and cook for a few mins to thicken up. Add **salt** and **pepper** to taste. When there is only a little liquid left, add the **sour cream** and give everything a good stir.



6 FINISH OFF

Toss the **pasta** and **broccoli** into the sauce (use whichever pan is larger to do this). Serve the **pasta** in bowls. **Enjoy!**

2 PEOPLE INGREDIENTS

Tenderstem® Broccoli, halved	1 pack
Chestnut Mushrooms, sliced	1 punnet
Onion, chopped	1
Lemon	½
Tagliatelle ¹³	200g
Tomato Ketchup ¹⁰	2 tbsps
Mild Paprika	1 ½ tsp
Water*	75ml
Worcester Sauce	1 tbsps
Sour Cream ⁷	1 pot

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 464G	PER 100G
Energy (kcal)	600	129
(kJ)	2535	546
Fat (g)	16	3
Sat. Fat (g)	9	2
Carbohydrate (g)	92	20
Sugars (g)	19	4
Protein (g)	22	5
Salt (g)	0.49	0.10

ALLERGENS

⁷) Milk ¹⁰) Celery ¹³) Gluten

Worcester Sauce: Water, Spirit vinegar, Sugar, Tamarind paste, Onion, Lemon juice, Ginger, Garlic, Chilli, Cloves.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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