

# **Truffle Mushroom Carbonara**

with Parsley and Cheese

**CLASSIC** 25 Minutes • 1 of your 5 a day • Veggie









Spaghetti

Closed Cup Mushrooms





Flat Leaf Parsley





Sour Cream





Grated Italian Style Hard Cheese

Truffle Zest

# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

## Basic cooking tools, you will need:

Saucepan, Measuring Jug, Colander, Fine Grater (or Garlic Press), Whisk and Frying Pan.

## Ingredient

9.04.0				
	2P	3P	4P	
Spaghetti 13)	200g	300g	400g	
Reserved Pasta Cooking Water*	150ml	200ml	300ml	
Closed Cup Mushrooms**	1 large punnet	1 small & 1 large punnet	2 large punnets	
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch	
Garlic**	2 cloves	3 cloves	4 cloves	
Sour Cream 7)**	100g	150g	200g	
Eggs <b>8)</b> **	2	3	4	
Grated Italian Style Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs	
Truffle Zest	1 sachet	2 sachets	2 sachets	
*Not Included ** Store in the Fridge				

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#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	340g	100g
Energy (kJ/kcal)	2456 /587	723 / 173
Fat (g)	17	5
Sat. Fat (g)	8	2
Carbohydrate (g)	77	23
Sugars (g)	5	1
Protein (g)	30	9
Salt (g)	0.77	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

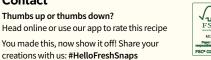
7) Milk 8) Egg 13) Gluten

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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## 1. Cook the Pasta

Bring a saucepan of water up to the boil with ½ tsp salt for the spaghetti. When boiling, add the spaghetti (see ingredients for amount) and cook until tender, 12 mins. Once cooked, reserve some of the pasta cooking water (see ingredients for amount). Then drain in a colander, pop back in the pan, drizzle with oil and stir through to stop it sticking together.



# 2. Prep the Veggies

Meanwhile, thinly slice the mushrooms. Roughly chop the parsley (stalks and all). Peel and grate the garlic (or use a garlic press).



## 3. Carbonara Sauce

Pop the soured cream and eggs (see ingredients for both amounts) into a small bowl. Whisk them together with a fork until completely combined. Add ¾ of the hard Italian style cheese and stir through. Season with salt and pepper.



#### 4. Truffle Mushrooms

Heat a drizzle of oil in a large frying pan on medium high heat. Once hot, add the mushrooms and fry until golden, 4-5 mins. Stir in the garlic and cook for a further 1-2 mins. Sprinkle in the truffle zest and half the chopped parsley. Stir through and cook for 1 minute. Remove from the heat.



# 5. Make the Carbonara

Pop the drained **spaghetti** in it's saucepan and pop on a low heat. Quickly add the egg mixture and toss together. Keep lifting the pasta up so that it's evenly coated and so the egg mixture doesn't scramble, 1 minute. Add a splash of pasta water to loosen it if needed - the sauce should be moist but not wet.



## 6. Serve up

Reheat the **mushrooms** if necessary. Divide the pasta between bowls with a portion of truffle mushrooms on top. Finish with a sprinkle of the remaining parsley and cheese.

**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.