






More Than Food  
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## Creamy Mushroom Pappardelle with Rocket and Parmesan

Oh Spring - how warm you are, and how full of new life. To honour all things new, Andre cooked up this delightfully light pasta dish for you all to enjoy while (hopefully) sunning yourselves in the evening Spring sunshine. How delightful!

 30 mins

 veggie



Portobello  
Mushrooms (2)



Chestnut Mushrooms  
(1 punnet)



Echalion  
Shallot (1)



Garlic Clove (1)



Pappardelle (200g)



Crème Fraîche  
(1 small pot)




Rocket  
(1 handful)



Hard Italian Cheese  
(1)

## Ingredients

	2 PEOPLE	ALLERGENS
Portobello Mushrooms, sliced	2	
Chestnut Mushrooms, sliced	1 punnet	
Echalion Shallot, chopped	1	
Garlic Clove, grated	1	
Pappardelle	200g	Gluten
Crème Fraîche	1 small pot	Milk
Rocket	1 handful	
Hard Italian Cheese	1	Milk

 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

The name pappardelle comes from the verb 'pappare', which literally means, to gobble up.

**Nutrition per serving:** Calories: 673 kcal | Protein: 25 g | Carbs: 77 g | Fat: 29 g | Saturated Fat: 20 g



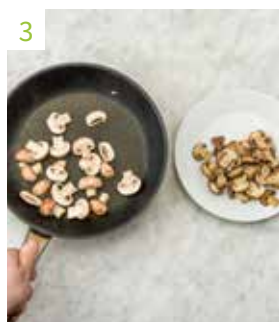
**1** Put a large pot of water on high heat and add  $\frac{1}{4}$  tsp of **salt**.

**2** Cut the **portobello** and **chestnut mushrooms** into 1cm thick slices.

**3** Put a large frying pan on high heat and add 1 tbsp of **oil**. Fry the **chestnut mushrooms** in batches and cook until golden. **Tip:** *We cook the mushrooms in batches to make sure they fry and don't stew.* After 5 mins and once golden, season the **mushrooms** with  $\frac{1}{4}$  tsp of **salt** and a good grind of **black pepper**. Transfer to a bowl and repeat this process with the **portobello mushrooms**.

**4** While the **mushrooms** are cooking, cut the **shallot** in half through the root, peel and chop into the smallest pieces you can. Peel and grate the **garlic**.

**5** Pop the **pappardelle** in the pot, cook for 7 mins, then drain.



**6** Once the **portobello mushrooms** are ready, reduce the heat to low and add the **shallot** to the pan. Cook for 3 mins, add the **garlic**, cook for 1 minute more and then return the cooked **chestnut mushrooms** to the mix.

**7** Stir in the **crème fraîche**, warm gently and add 2 tbsp of **water** to loosen up the sauce. Check the seasoning and add a pinch of **salt** if needed and some ground **black pepper**.

**8** Drain the pasta and mix the mushroom sauce through the pasta. Pile the pasta into bowls and top with a handful of rocket and a generous sprinkle of grated **hard Italian cheese**.