



Creamy Double Mushroom Penne with Cheese

Rapid 30-35 Minutes • 2 of your 5 a day

19



Red Onion



Portobello Mushroom



Garlic Clove



Penne Pasta



Sliced Mushrooms



Balsamic Vinegar



Vegetable Stock
Paste



Creme Fraiche



Grated Hard
Italian Style Cheese



Diced Chicken
Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Portobello Mushroom**	2	3	3
Garlic Clove**	2	3	4
Penne Pasta 13)	180g	270g	360g
Sliced Mushrooms**	120g	180g	240g
Balsamic Vinegar 14)	12ml	12ml	24ml
Vegetable Stock Paste 10)	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	396g	100g	526g	100g
Energy (kJ/kcal)	2725 /651	688 /164	3372 /806	641 /153
Fat (g)	28.7	7.2	31.0	5.9
Sat. Fat (g)	17.2	4.3	17.8	3.4
Carbohydrate (g)	78.4	19.8	78.6	14.9
Sugars (g)	12.0	3.0	12.1	2.3
Protein (g)	20.0	5.0	51.4	9.8
Salt (g)	1.33	0.33	1.52	0.29

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Halve, peel and thinly slice the **red onion**. Thinly slice the **portobello mushrooms**.

Peel and grate the **garlic** (or use a garlic press).



Cook the Pasta

When your pan of **water** is boiling, add the **penne** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together. Set aside.

While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium heat.



Fry the Mushrooms

Once the **oil** is hot, fry the **portobello** and **sliced mushrooms** until browned, stirring occasionally, 6-7 mins. Reduce the heat to medium-low and add the **onion**. Cook, stirring frequently, until softened, 5-6 mins.

Stir in the **garlic** and season with **salt** and **pepper**. Cook for 1 min, then add the **balsamic vinegar** and cook until evaporated, 1 min more.

CUSTOM RECIPE

If you've chosen to add **diced chicken**, add to the pan before the **mushrooms** and season. Cook until browned all over, 5-6 mins. Remove from the pan and set aside, then fry the **mushrooms**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Bring on the Sauce

Pour the **water for the sauce** (see pantry for amount) into your frying pan and stir in the **veg stock paste**. Increase the heat and bring to the boil, then reduce the heat to low and simmer, stirring occasionally, until reduced, 5-6 mins.

CUSTOM RECIPE

Return the **chicken** to the pan with the **veg stock paste**, then continue as instructed until the **chicken** is cooked, 5-6 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Mix It Up

Stir in the **creme fraiche**, bring back to the boil and season with **pepper**. Remove from the heat.

Add the **cooked pasta** to the **creamy sauce** along with **three quarters** of the **hard Italian style cheese**.

Stir everything together. Taste and add more **salt** and **pepper** if needed.



Serve

Share your **mushroom penne** between your bowls and sprinkle the remaining **hard Italian style cheese** on top to finish.

Enjoy!