

# Creamy Double Mushroom Penne

with Cheese



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









Red Onion

Portobello Mushrooms





Penne Pasta

Garlic Clove





**Balsamic Vinegar** 

Sliced Mushrooms



Vegetable Stock



Double Cream



Grated Hard Italian Style Cheese



# 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

3					
Ingredients	2P	3P	4P		
Red Onion**	1	1	2		
Portobello Mushrooms**	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 <b>10</b> )	10g	15g	20g		
Double Cream** 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*	100ml	150ml	200ml		
*Not Included **Store in the Fridge					

Mutrition

TAGE TEIOTT			Custom Recipe	
Per serving	Per 100g	Per serving	Per 100g	
446g	100g	576g	100g	
3143 /751	705/168	3790 /906	658/157	
40.9	9.2	43.3	7.5	
24.7	5.5	25.3	4.4	
75.7	17.0	75.9	13.2	
11.5	2.6	11.7	2.0	
19.4	4.4	50.9	8.8	
1.35	0.30	1.54	0.27	
	Per serving 446g 3143 /751 40.9 24.7 75.7 11.5 19.4	Per serving Per 100g   446g 100g   3143/751 705/168   40.9 9.2   24.7 5.5   75.7 17.0   11.5 2.6   19.4 4.4	Per serving 100g serving 446g 100g 576g 3143/751 705/168 3790/906 40.9 9.2 43.3 24.7 5.5 25.3 75.7 17.0 75.9 11.5 2.6 11.7 19.4 4.4 50.9	

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.

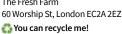
#### Contact

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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. Add the garlic and season. Cook for 1 min. Add the balsamic vinegar and cook until evaporated, 1 min.

#### **CUSTOM RECIPE**

If you've chosen to add **chicken**, add it 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 Creamy 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 after adding the veg stock paste, then bring to the boil and continue as instructed, the chicken will cook through while simmering. **IMPORTANT**: The chicken is cooked when no longer pink in the middle.



## Mix It Up

style cheese.

Stir in the double cream, 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

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



#### Serve

Spoon your **mushroom penne** between your bowls and sprinkle the remaining cheese on top to finish.

Enjoy!