



Creamy Double Mushroom Penne with Cheese

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

19



Red Onion



Portobello
Mushrooms



Garlic Clove



Penne Pasta



Sliced Mushrooms



Balsamic Vinegar



Creme Fraiche



Vegetable Stock
Paste



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 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 |
| Crema Fraiche** 7) | 150g | 225g | 300g |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Grated Hard Italian Style Cheese** 7) 8) | 40g | 60g | 80g |
| Diced Chicken Breast** | 1 pack | 1 pack | 1 pack |
| Pantry | 2P | 3P | 4P |
| Water for the Sauce* | 100ml | 150ml | 200ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 456g | 100g | 586g | 100g |
| Energy (kJ/kcal) | 2874 /687 | 630 /151 | 3521 /842 | 601 /144 |
| Fat (g) | 31.3 | 6.9 | 33.6 | 5.7 |
| Sat. Fat (g) | 19.0 | 4.2 | 19.6 | 3.4 |
| Carbohydrate (g) | 78.4 | 17.2 | 78.6 | 13.4 |
| Sugars (g) | 12.0 | 2.6 | 12.1 | 2.1 |
| Protein (g) | 23.2 | 5.1 | 54.6 | 9.3 |
| Salt (g) | 1.55 | 0.34 | 1.75 | 0.30 |

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, cereals containing 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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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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.

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



Fry the Mushrooms

Once the **oil** is hot, fry the **portobello** and **sliced mushrooms** until browned, stirring occasionally, 5-6 mins. Season with **salt** and **pepper**.

Lower the heat to medium and add the **onion**. Cook, stirring frequently, until softened, 6-8 mins. Add the **garlic** and cook until fragrant, 1 min. Stir in 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

When the **veg** is cooked, stir in the **creme fraiche**, **veg stock paste** and the **water for the sauce** (see pantry for amount). Bring to the boil and simmer, stirring occasionally, until reduced, 4-5 mins.

CUSTOM RECIPE

Return the **chicken** to the pan after adding the **sauce ingredients**, then bring to the boil. 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

Once the **sauce** is reduced, stir through the **cooked penne** and **hard Italian style cheese** until piping hot and melted, 1-2 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



Serve

Share your **double mushroom penne** between your bowls.

Enjoy!