



Parma Ham and Parmesan Filled Pasta with Creamy Mushroom Sauce

Calorie Smart 25-30 Minutes • Under 650 Calories

26



Garlic Clove



Sliced Mushrooms



Creme Fraiche



Wild Mushroom
Paste



Parma Ham &
Parmigiano Reggiano
Filled Pasta



Grated Hard
Italian Style Cheese



Baby Leaf
Mix



Balsamic Glaze



Bacon Lardons

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your 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, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Sliced Mushrooms**	120g	180g	240g
Crema Fraiche** 7)	75g	150g	150g
Wild Mushroom Paste	15g	22g	30g
Parma Ham & Parmigiano Reggiano Filled Pasta** 7) 8) 13)	250g	375g	500g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Baby Leaf Mix**	20g	50g	50g
Balsamic Glaze 14)	12ml	12ml	24ml
Bacon Lardons**	90g	120g	180g
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	313g	100g	358g	100g
Energy (kJ/kcal)	2147 / 513	687 / 164	2635 / 630	737 / 176
Fat (g)	25.2	8.1	34.3	9.6
Sat. Fat (g)	15.0	4.8	17.9	5.0
Carbohydrate (g)	53.5	17.1	54.4	15.2
Sugars (g)	12.3	3.9	12.4	3.5
Protein (g)	18.2	5.8	25.9	7.2
Salt (g)	2.83	0.90	4.05	1.13

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

Allergens

7) Milk 8) Egg 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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Get Prepped

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

While the **water** boils, peel and grate the **garlic** (or use a garlic press).



Cook the Pasta

Meanwhile, when the **water** is boiling, add the **filled pasta** to the **water** and bring back to the boil. Simmer until tender, 3 mins.

Once cooked, drain in a colander. Drizzle with **oil** and gently stir through to stop it sticking together.



Fry the Mushrooms

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan at the same time as the **mushrooms**. Stir-fry until browned, 5-6 mins, then continue as instructed. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.**



Cheese Please

Once thickened, add the **cheese** to the **mushroom sauce** and stir to combine. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.

Gently stir the **cooked pasta** through your **creamy sauce**.



Simmer the Sauce

Once the **mushrooms** are browned, lower the heat to medium-high and stir in the **garlic**, 30 secs.

Pour in the **water for the sauce** (see pantry for amount), **creme fraiche** and **wild mushroom paste**. **TIP: If your wild mushroom paste has hardened, pop it in a bowl of hot water for 1 min.**

Bring the **sauce** to a boil, then reduce the heat and simmer until thickened, 2-3 mins. Remove from the heat.



Serve

Divide the **filled pasta** between your bowls and spoon over any remaining **creamy mushroom sauce**.

Serve the **baby leaf salad** alongside and drizzle over a little **olive oil**.

Drizzle the **balsamic glaze** over your **pasta** and **salad**.

Enjoy!