



# 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 <b>13</b>	180g	270g	360g
Sliced Mushrooms**	120g	180g	240g
Balsamic Vinegar <b>14</b>	12ml	12ml	24ml
Crème Fraîche** <b>7</b>	150g	225g	300g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g

Diced Chicken Breast**	1 pack	1 pack	1 pack
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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. Be careful when adding water to hot pans while cooking.

## Contact

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## Get Prepped

Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$   **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.



## Fry the Mushrooms

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

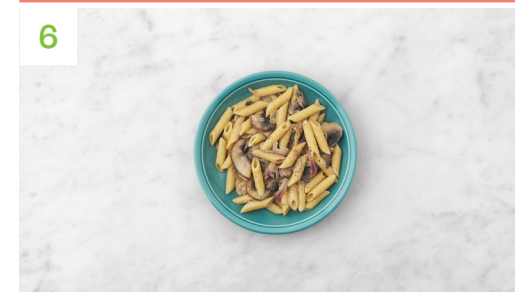
Return the **chicken** to the pan after adding the **sauce ingredients**, then bring to the boil. Continue as instructed, the **chicken** will cook through while simmering. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## 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!