



Creamy Truffle Mushrooms Side Dish with Garlic and Shallot

Special Sides 15-20 Minutes • 2 of your 5 a day • Veggie

6A

Find all your unchilled Market items in bag A.



Closed Cup Mushrooms



Garlic Clove



Creme Fraiche



Echalion Shallot



Vegetable Stock Paste



Truffle Zest

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Garlic press and frying pan.

Ingredients

Ingredients	Quantity
Closed Cup Mushrooms**	225g
Echalion Shallot**	1
Garlic Clove**	2
Vegetable Stock Paste 10	10g
Creme Fraiche** 7	150g
Truffle Zest	1 sachet

Pantry	Quantity
Water for the Sauce*	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	296g	100g
Energy (kJ/kcal)	1144 /273	386 /92
Fat (g)	24.7	8.3
Sat. Fat (g)	15.0	5.1
Carbohydrate (g)	11.1	3.7
Sugars (g)	6.5	2.2
Protein (g)	4.7	1.6
Salt (g)	2.08	0.70

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

Allergens

7) Milk 10) Celery

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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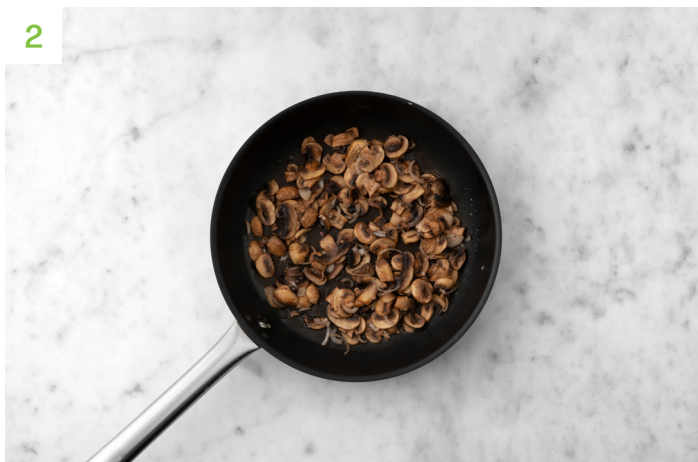
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Get Prepped

- Thinly slice the **mushrooms**.
- Halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a garlic press).

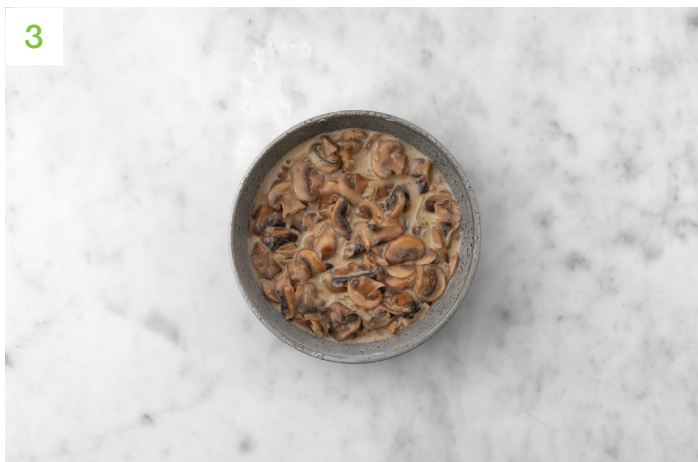
2



Fry the Mushrooms

- Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **mushrooms** and season with **salt** and **pepper**.
- Stir-fry until browned, 5-6 mins.
- Stir the **shallot** into the **mushrooms**, then cook, stirring occasionally, until softened, 3-4 mins,
- Stir in the **garlic** and cook for 1 min more.

3



Simmer and Serve

- Add the **water for the sauce** (see pantry for amount) and **vegetable stock paste** to the **mushrooms**.
- Stir together, bring to the boil, then reduce the heat slightly and simmer until reduced by half, 4-5 mins.
- Pour in the **creme fraiche**, stir and bring to the boil again, then remove from the heat.
- Add the **truffle zest**, stir to combine, then season with **salt** and **pepper** if needed. Transfer to a serving bowl for sharing.

Enjoy!