

Creamy Miso Mushroom Rigatoni

with Spinach and Cheese

Pride Month Special 20 Minutes • 1 of your 5 a day



Rigatoni Pasta



Sliced Mushrooms



Garlic Clove



Miso Paste



Wild Mushroom Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Baby Spinach



Diced British Chicken Breast

In collaboration with



This recipe is part of our partnership with akt. By choosing this recipe you're supporting LGBTQ+ young people aged 16-25 in the UK, who are experiencing homelessness or living in a hostile environment*. Find out more at akt.org.uk

Pantry Items

Oil, Salt, Pepper, Butter

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

Kettle, saucepan, colander, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13	180g	270g	360g
Sliced Mushrooms**	120g	180g	240g
Garlic Clove**	2	3	4
Miso Paste 11	15g	22g	30g
Wild Mushroom Paste	15g	22g	30g
Creme Fraiche** 7	150g	225g	300g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Baby Spinach**	40g	100g	100g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	370g	100g	500g	100g
Energy (kJ/kcal)	3135 / 749	847 / 202	3782 / 904	756 / 181
Fat (g)	39.8	10.8	42.1	8.4
Sat. Fat (g)	24.2	6.5	24.8	5.0
Carbohydrate (g)	75.3	20.3	75.4	15.1
Sugars (g)	8.5	2.3	8.7	1.7
Protein (g)	22.4	6.0	53.8	10.8
Salt (g)	1.99	0.54	2.19	0.44

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

Allergens

7) Milk **8)** Egg **11)** Soya **13)** Cereals containing gluten

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, mollusc, 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.

Promotion relates to qualifying recipes only. For each recipe purchased between 3rd May and 28th June, HelloFresh will donate a portion of the proceeds to akt. Total donation will be capped at £10,000. HelloFresh pledges to donate the full £10,000 should the donation pledge not be met at the end of the promotion period. akt registered charity number 1093815.

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Get your Pasta on

a) Boil a full kettle, then pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.

b) Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.

c) Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Fry the Mushrooms

a) Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sliced mushrooms** to the pan.

b) Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan with the **mushrooms**. Fry for the same amount of time, the **chicken** will cook through while simmering.

IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Garlic Time

a) In the meantime, peel and grate the **garlic** (or use a garlic press).

b) Once the **mushrooms** have browned, add the **garlic** to the pan and cook for 1 min more.



Simmer the Sauce

a) Stir in the **water for the sauce** (see pantry for amount), **miso paste** and **wild mushroom paste**.

TIP: If your wild mushroom paste has hardened, pop it in a bowl of hot water for 1 min.

b) Bring to the boil, then lower the heat and simmer until thickened, 3-4 mins.



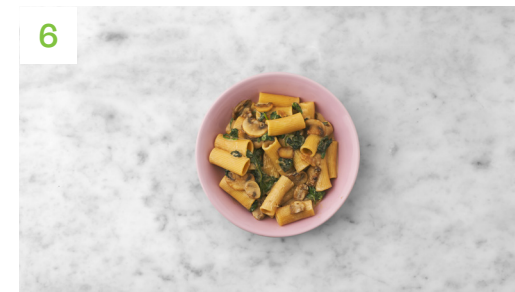
Combine and Stir

a) Once the **sauce** has thickened, stir in the **creme fraiche** and **hard Italian style cheese**. Simmer for 1 min.

b) Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

c) Stir in the **cooked pasta** and **butter** (see pantry for amount).

d) Taste and season with **salt** and **pepper** if needed. Add a splash more **water** if you feel it needs it.



Serve

a) Share the **creamy miso pasta** between your bowls.

Enjoy!