



Parma Ham and Parmesan Filled Pasta

with Creamy Mushroom Sauce

Calorie Smart 25 Minutes • Under 650 Calories

25



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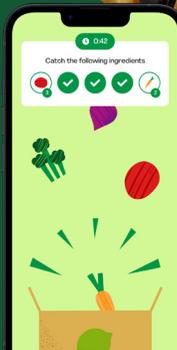
TRIP TO NEW YORK



SMEG KITCHENWARE



INSTANT WINS



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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



Serrano Ham

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

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

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Sliced Mushrooms**	120g	180g	240g
Creme 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
Serrano Ham**	2 slices	3 slices	4 slices
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	313g	100g	328g	100g
Energy (kJ/kcal)	2147 / 513	687 / 164	2294 / 548	700 / 167
Fat (g)	25.2	8.1	26.6	8.1
Sat. Fat (g)	15.0	4.8	15.4	4.7
Carbohydrate (g)	53.5	17.1	53.5	16.3
Sugars (g)	12.3	3.9	12.3	3.8
Protein (g)	18.2	5.8	23.7	7.2
Salt (g)	2.83	0.90	3.73	1.14

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, 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.

Contact

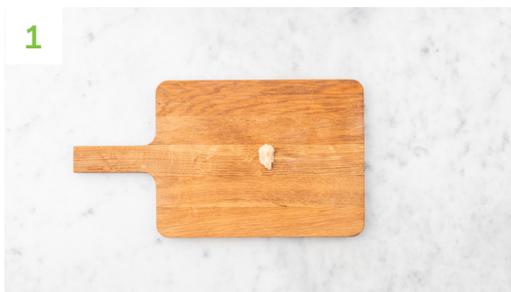
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Get Prepped

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press).



Cook the Pasta

- Meanwhile, pour the **boiled water** from the kettle into a saucepan with $\frac{1}{2}$ tsp salt and bring back to the boil.
- When boiling, add the **filled pasta** to the **water** and bring back to the boil. Cook 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're adding **Serrano ham**, fry before cooking the **mushrooms**. Put the frying pan on medium heat, then fry, 2-3 mins each side. Set aside. Top the **pasta** with the **Serrano** in the final step.



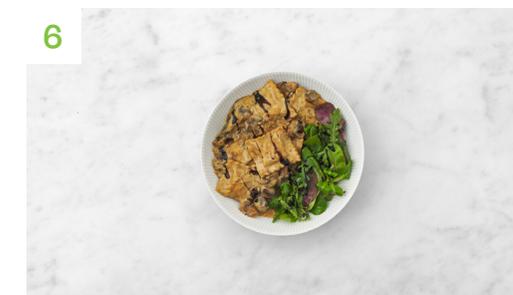
Cheese Please

- 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!

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