



Parmigiano and Parma Ham Filled Pasta

with Veggie 'Nduja Sauce and Rocket

Calorie Smart

10-20 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories

25



Sliced Mushrooms



Garlic Clove



Tomato Passata



Chicken Stock Paste



Vegan 'Nduja



Parma Ham & Parmigiano Reggiano Filled Pasta



Grated Hard Italian Style Cheese



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Sliced Mushrooms**	120g	180g	240g
Garlic Clove**	2	3	4
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Vegan 'Nduja	½ sachet	¾ sachet	1 sachet
Parma Ham & Parmigiano Reggiano Filled Pasta** 7) 8) 13)	250g	375g	500g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Wild Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	357g	100g
Energy (kJ/kcal)	1866 /446	523 /125
Fat (g)	16.3	4.6
Sat. Fat (g)	8.5	2.4
Carbohydrate (g)	54.2	15.2
Sugars (g)	13.6	3.8
Protein (g)	19.6	5.5
Salt (g)	3.92	1.1

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

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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Fry the Mushrooms

- Boil a full kettle.
- Meanwhile, heat a generous drizzle of **oil** in a large frying pan on high heat.
- When hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 6-8 mins.



Pasta Time

- Meanwhile, pour the **boiled water** into a saucepan with **½ tsp salt** and bring back to the boil.
- Add the **filled pasta** and cook until tender, 3 mins.
- Once cooked, carefully drain in a colander. Drizzle with **oil** and gently stir through to stop it sticking together.



Start the Prep

- While the **mushrooms** are frying, peel and grate the **garlic** (or use a garlic press).



Cheese Please

- Once your **sauce** has thickened, stir the **hard Italian style cheese** through the **sauce** until melted.
- Remove from the heat.
- Taste and season with more **salt**, **pepper** and **sugar** to taste.



Sauce Things Up

- Once the **mushrooms** have browned, add the **garlic** and fry for 30 secs.
- Stir in the **passata**, **chicken stock paste**, **vegan 'Nduja** (see ingredients for amount, use less if you'd prefer things milder), **sugar** and **water for the sauce** (see pantry for both amounts).
- Simmer the **sauce** until thickened slightly, 3-4 mins.



Serve Up

- Gently stir your **filled pasta** through the **sauce** and share between your serving bowls.
- Top with the **rocket** and drizzle some **olive oil** over the **leaves** to finish.

Enjoy!