



Umami Miso Mushroom Rigatoni with Spinach and Cheese

Quick 20 Minutes • 1 of your 5 a day

19



Rigatoni Pasta



Sliced Mushrooms



Garlic Clove



Miso Paste



Wild Mushroom Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Baby Spinach



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Butter

+ Add Bacon Lardons

If you chose to add bacon lardons, then just follow the instructions on the back of this card.

Happy cooking!



Say hello to miso! Umami is one of the five tastes used when tasting food. A staple in Japanese cuisine, miso is made from fermented soy bean paste and is typical of giving the umami flavour that tastebuds love.

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
British Smoked Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	370g	100g	415g	100g
Energy (kJ/kcal)	3137 / 750	848 / 203	3625 / 866	873 / 209
Fat (g)	39.8	10.8	48.9	11.8
Sat. Fat (g)	24.2	6.5	27.0	6.5
Carbohydrate (g)	75.3	20.3	76.2	18.4
Sugars (g)	8.5	2.3	8.6	2.1
Protein (g)	22.4	6.0	30.0	7.2
Salt (g)	1.99	0.54	3.22	0.78


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.

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60 Worship St, London EC2A 2EZ



Get your Pasta on

- Boil a full kettle, then pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Simmer the Sauce

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



Fry the Mushrooms

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sliced mushrooms** to the pan.
- Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

+ Add Bacon Lardons

If you're adding **bacon**, add it to the pan with the **mushrooms**. Fry for the same amount of time, then continue as instructed. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook it thoroughly.*



Combine and Stir

- Once the **sauce** has thickened, stir in the **creme fraiche** and **hard Italian style cheese**. Simmer for 1 min.
- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir in the **cooked pasta** and **butter** (see pantry for amount).
- Taste and season with **salt** and **pepper** if needed. Add a splash more **water** if you feel it needs it.



Garlic Time

- In the meantime, peel and grate the **garlic** (or use a garlic press).
- Once the **mushrooms** have browned, add the **garlic** to the pan and cook for 1 min more.



Serve

- Share the **creamy miso pasta** between your bowls.

Enjoy!