



Umami Miso Mushroom Rigatoni with Spinach and Cheese

Quick 20 Minutes • 1 of your 5 a day • Veggie

17



Rigatoni Pasta



Sliced Mushrooms



Garlic Clove



Miso Paste



Wild Mushroom
Paste



Creme Fraiche



Grated Hard Italian
Style Cheese



Baby Spinach



Burrata

Pantry Items

Oil, Salt, Pepper, Butter

+ Add Burrata

If you chose to add burrata,
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 |
| Crema Fraiche** 7 | 150g | 225g | 300g |
| Grated Hard Italian Style Cheese** 7 8 | 40g | 60g | 80g |
| Baby Spinach** | 40g | 100g | 100g |
| Burrata** 7 | 125ml | 250ml | 250ml |
| 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 | 433g | 100g |
| Energy (kJ/kcal) | 3137 / 750 | 848 / 203 | 3814 / 912 | 882 / 211 |
| Fat (g) | 39.8 | 10.8 | 54.2 | 12.5 |
| Sat. Fat (g) | 24.2 | 6.5 | 33.5 | 7.8 |
| Carbohydrate (g) | 75.3 | 20.3 | 76.5 | 17.7 |
| Sugars (g) | 8.5 | 2.3 | 9.7 | 2.2 |
| Protein (g) | 22.4 | 6.0 | 28.6 | 6.6 |
| Salt (g) | 1.99 | 0.54 | 2.25 | 0.52 |

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.

Contact

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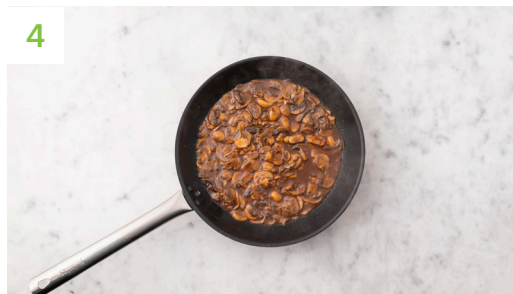


Get your Pasta on

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.



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.



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.



Combine and Stir

a) Once the **sauce** has thickened, stir in the **crema 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.

+ Add Burrata

If you're adding **burrata**, drain, then carefully halve. Serve it on top of the **pasta** in the final step.



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.



Serve

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

Enjoy!