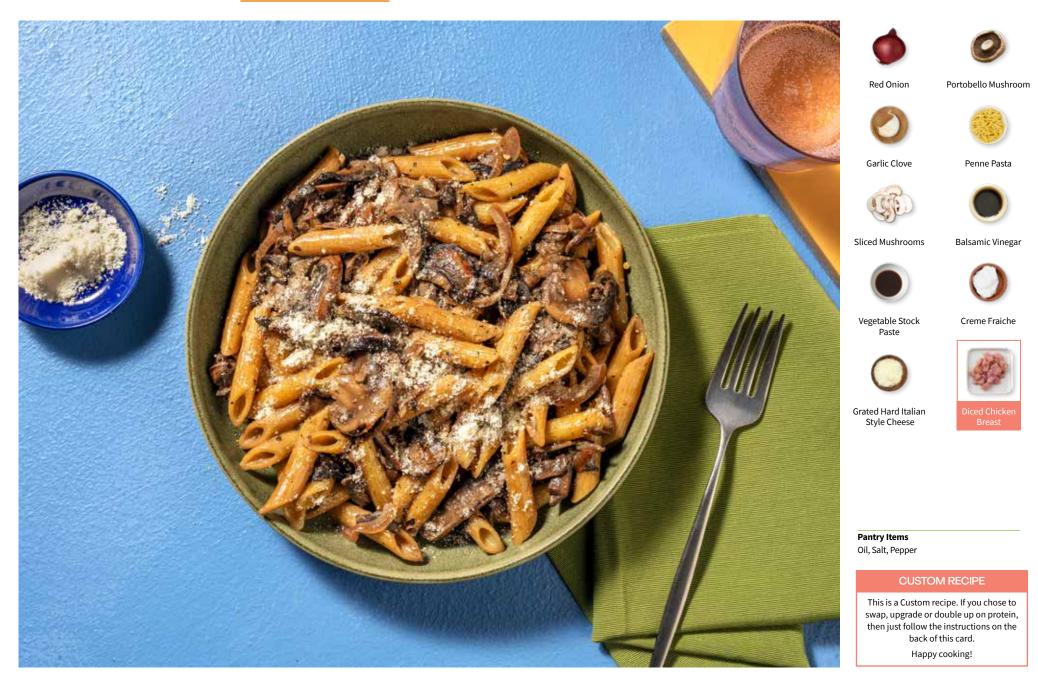


# **Creamy Double Mushroom Penne**



with Cheese

stomer Favourites 30-35 Minutes • 2 of your 5 a day



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Saucepan, garlic press, colander and frying pan.

### Ingredients

<b>U</b>			
Ingredients	2P	3P	4P
Red Onion**	1	1	2
Portobello Mushroom**	2	3	3
Garlic Clove**	2	3	4
Penne Pasta 13)	180g	270g	360g
Sliced Mushrooms**	120g	180g	240g
Balsamic Vinegar 14)	12ml	12ml	24ml
Vegetable Stock Paste 10)	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	30g	40g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

\*Not Included \*\*Store in the Fridg

### Nutrition

			Ousconneoipe		
Typical Values	Per	Per	Per	Per	
.gp.cc. valaco	serving	100g	serving	100g	
for uncooked ingredient	406g	100g	536g	100g	
Energy (kJ/kcal)	2874 /687	708/169	3523 /842	657/157	
Fat (g)	31.3	7.7	33.6	6.3	
Sat. Fat (g)	19.0	4.7	19.6	3.7	
Carbohydrate (g)	78.4	19.3	78.6	14.7	
Sugars (g)	12.0	3.0	12.1	2.3	
Protein (g)	23.2	5.7	54.6	10.2	
Salt (g)	1.46	0.36	1.65	0.31	

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

### Allergens

7) Milk 8) Egg 10) Celery 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, milk, egg, mustard, celery, soya, 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.

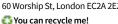
### Contact

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#### HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







### **Get Prepped**

Bring a large saucepan of water to the boil with 1/2 tsp salt.

Halve, peel and thinly slice the **red onion**. Thinly slice the portobello mushrooms.

Peel and grate the **garlic** (or use a garlic press).



# Cook the Pasta

When your pan of water is boiling, add the penne and bring back to the boil. Cook until tender, 12 mins.

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

While the pasta cooks, heat a drizzle of oil in a frying pan on medium heat



# Fry the Mushrooms

Once hot, fry the portobello and sliced mushrooms until browned, stirring occasionally, 6-7 mins. Reduce the heat to medium-low, add the onion. Fry until soft, 5-6 mins, stir frequently.

Stir in the garlic and season, 1 min. Add the balsamic vinegar, cook until evaporated, 1 min.

### **CUSTOM RECIPE**

If you've chosen to add **diced chicken**, add to the pan before the mushrooms and season. Cook until browned all over, 5-6 mins. Remove from the pan and set aside, then fry the **mushrooms**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



# Serve

Spoon your mushroom penne between your bowls and sprinkle the remaining **cheese** on top to finish.





# Bring on the Creamy Sauce

Stir the water for the sauce (see pantry for amount) and veg stock paste into the mushrooms. Increase the heat and bring to a boil, then reduce the heat to low and simmer, stirring occasionally, until reduced, 5-6 mins.

Stir in the creme fraiche and bring back to the boil. Season with pepper, then remove from the heat.

### **CUSTOM RECIPE**

Return the **chicken** to the pan after adding the veg stock paste, then bring to the boil and continue as instructed until the chicken is cooked through and the **sauce** is reduced, 5-6 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Mix It Up

Add the cooked pasta to the creamy sauce along with three guarters of the hard Italian style cheese.

Stir everything together. Taste and add more salt and **pepper** if needed.