



Creamy Double Mushroom Penne with Cheese and Balsamic Dressed Salad

Classic 30-35 Minutes • 3 of your 5 a day • Veggie

41



Red Onion



Portobello Mushroom



Baby Gem Lettuce



Garlic Clove



Balsamic Vinegar



Penne Pasta



Sliced Mushrooms



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese

Recipe Update

Due to quality issues with **rocket**, you'll instead receive **baby gem lettuce**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Olive Oil

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, bowl, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Portobello Mushroom**	2	3	3
Baby Gem Lettuce**	1	1	1
Garlic Clove**	2	3	4
Balsamic Vinegar 14)	12ml	24ml	24ml
Penne Pasta 13)	180g	270g	360g
Sliced Mushrooms**	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Creme Fraiche** 7)	100g	150g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2699 /645	636 /152
Fat (g)	27.4	6.5
Sat. Fat (g)	14.6	3.4
Carbohydrate (g)	76.7	18.1
Sugars (g)	11.7	2.8
Protein (g)	22.7	5.4
Salt (g)	1.87	0.44

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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Get Prepped

Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Halve, peel and thinly slice the **red onion**. Thinly slice the **portobello mushrooms**. Trim the **baby gem**, halve lengthways, then thinly slice. Peel and grate the **garlic** (or use a garlic press).

Pour **half** the the **balsamic vinegar** into a bowl with the **olive oil for the dressing** (see pantry for amount) and season with **salt** and **pepper**. Mix together and set aside until ready to serve.



Bring on the Creamy Sauce

Pour the **water for the sauce** (see pantry for amount) into your frying pan and stir in the **veg stock paste**.

Increase the heat and bring to the boil, then reduce the heat to low and simmer, stirring occasionally, until reduced, 5-6 mins.

Stir in the **creme fraiche** until well combined, then bring back to the boil and add a good grind of **pepper**. Remove from the heat.



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, off the heat.



Mix It Up

Add the **cooked pasta** to the **sauce** along with **three quarters** of the **hard Italian style cheese**.

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



Fry the Mushrooms

While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium heat. Once hot, add the **portobello** and **sliced mushrooms**. Cook until browned, stirring occasionally, 6-7 mins.

Once browned, reduce the heat to medium-low and add the **onion**. Cook, stirring frequently, until softened, 5-6 mins.

Stir in the **garlic** and season with **salt** and **pepper**. Cook for 1 min, then add the remaining **balsamic vinegar** and cook until evaporated, 1 min more.



Serve

Spoon your **mushroom penne** into bowls and sprinkle the remaining **cheese** on top.

Add the **baby gem lettuce** to the **balsamic dressing** and toss together. Serve on top of the **pasta** finished with another good grind of **pepper**.

Enjoy!