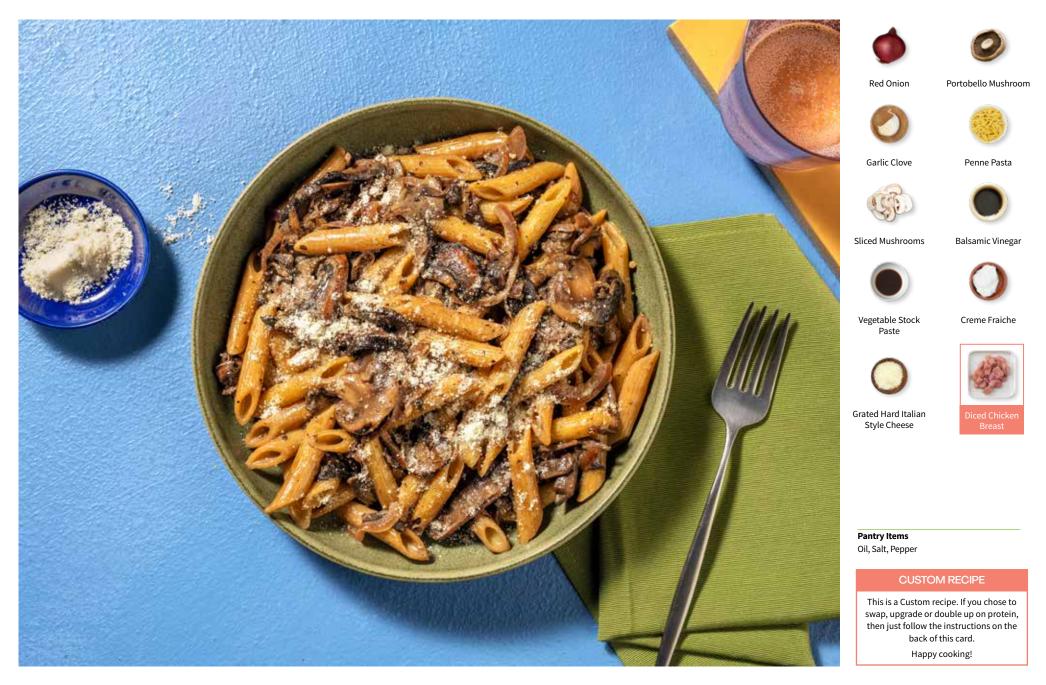


Creamy Double Mushroom Penne



with Cheese

Classic 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

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)	99g	150g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

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*Not Included **Store in the	e Fridge		

Nutrition Custom Basing							
NULTLION			Custom Recipe				
Typical Values	Per serving	Per 100g	Per serving	Per 100g			
for uncooked ingredient	381g	100g	511g	100g			
Energy (kJ/kcal)	2542/608	668/160	3190 /762	625/149			
Fat (g)	23.2	6.1	25.6	5.0			
Sat. Fat (g)	14.0	3.7	14.6	2.9			
${\sf Carbohydrate}(g)$	76.8	20.2	77.0	15.1			
Sugars (g)	11.2	2.9	11.3	2.2			
Protein (g)	22.6	5.9	54.0	10.6			
Salt (g)	1.44	0.38	1.63	0.32			

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

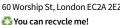
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







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.



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.

CUSTOM RECIPE

Return the **chicken** to the pan after pouring in the water for the sauce and the veg **stock paste**. Bring to the boil, stir and lower the heat so the **sauce** simmers gently. Cook 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

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.

Add the cooked pasta to the creamy 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

Once the pan is hot, add the portobello and sliced mushrooms. Cook until browned, stirring occasionally, 6-7 mins. Reduce the heat to mediumlow and add the **onion**. Cook, stirring frequently, until softened, 5-6 mins.

Add the **garlic**, season and cook for 1 min. Add the **balsamic vinegar** and cook until evaporated, 1 min.

CUSTOM RECIPE

If you've chosen to add diced chicken, add it to the pan before the **mushrooms** and season. Cook until browned all over. 5-6 mins. then remove from the pan and set aside. **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.

Enjou!