



# Creamy Double Mushroom Penne with Cheese and Balsamic Dressed Rocket

20

Classic 30-35 Minutes • 2 of your 5 a day



Red Onion



Portobello Mushroom



Garlic Clove



Flat Leaf Parsley



Balsamic Vinegar



Penne Pasta



Vegetable Stock Paste



Sliced Mushrooms



Creme Fraiche



Grated Hard Italian Style Cheese



Rocket



Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Olive Oil

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



## 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
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Balsamic Vinegar <b>14)</b>	1 sachet	2 sachets	2 sachets
Penne Pasta <b>13)</b>	180g	270g	360g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Sliced Mushrooms**	120g	180g	240g
Creme Fraiche** <b>7)</b>	100g	150g	200g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g
Rocket**	20g	40g	40g
Bacon Lardons**	90g	120g	180g

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)	400g 2710 /648	100g 678 /162
Fat (g)	27.5	6.9
Sat. Fat (g)	15.4	3.9
Carbohydrate (g)	77.3	19.4
Sugars (g)	11.3	2.8
Protein (g)	23.2	5.8
Salt (g)	1.91	0.48

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	445g	100g
Energy (kJ/kcal)	3198 /764	719 /172
Fat (g)	36.7	8.3
Sat. Fat (g)	18.3	4.1
Carbohydrate (g)	78.2	17.6
Sugars (g)	11.4	2.6
Protein (g)	30.9	6.9
Salt (g)	3.14	0.71

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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## 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**. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all).

Pour **half** 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.



## Simmer and Stir

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 until reduced, 5-6 mins, stirring occasionally.

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** and **three quarters** of the **parsley**.

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



## Start your Sauce

While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium heat. Once hot, add all the **mushrooms** and 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.

## CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan at the same time as the **mushrooms**. Cook for the same amount of time until golden, then continue as instructed.

**IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



## Serve

Spoon your **mushroom penne** into bowls and sprinkle the remaining **cheese** and **parsley** on top. Add the **rocket** to the **balsamic dressing** and toss together. Serve on top of the **pasta** finished with another good grind of **pepper**.

## Enjoy!