



# One-Pot Garlic-Mushroom Fusilli with Apple Salad

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your Meal Kit  
with this symbol



Brown Onion



Garlic



Sliced Mushrooms



Garlic & Herb  
Seasoning



Light Cooking  
Cream



Chicken-Style  
Stock Powder



Fusilli



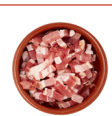
Shaved Parmesan  
Cheese



Apple



Mixed Salad  
Leaves



Diced  
Bacon

### Recipe Update

Unfortunately, this week's orecchiette and pear were in short supply, so we've replaced them with fusilli and apple. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins  
Ready in: 25-35 mins

Eat Me Early

You can never really go wrong with fusilli, especially when it is paired with some tasty ingredients, such as mushrooms, onion, garlic and Parmesan!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
sliced mushrooms	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
<b>boiling water*</b>	1¾ cups	3½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
fusilli	1 medium packet	2 medium packets
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
apple	1	2
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2737kJ (654Cal)	645kJ (154Cal)
Protein (g)	20.5g	4.8g
Fat, total (g)	24.3g	5.7g
- saturated (g)	11.8g	2.8g
Carbohydrate (g)	83.4g	19.6g
- sugars (g)	17.7g	4.2g
Sodium (mg)	1049mg	247mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3124kJ (747Cal)	665kJ (159Cal)
Protein (g)	27.4g	5.8g
Fat, total (g)	31g	6.6g
- saturated (g)	14.4g	3.1g
Carbohydrate (g)	84.2g	17.9g
- sugars (g)	18.2g	3.9g
Sodium (mg)	1480mg	315mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Cook mushrooms

- Boil the kettle.
- Finely chop **brown onion** and **garlic**.
- Heat a large saucepan over medium-high heat with a good drizzle of **olive oil**. Cook **sliced mushrooms** and **onion**, stirring occasionally, until just softened, **6-8 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.

**Custom Recipe:** If you've added diced bacon, cook with mushrooms, breaking up bacon with spoon, until golden, 6-8 minutes. Continue with step as above.

3



## Toss salad

- While pasta is cooking, thinly slice **apple**.
- In a medium bowl, add a drizzle of the **vinegar** and **olive oil**.
- Top dressing with **mixed salad leaves** and **apple**. Season and toss to combine.

2



## Cook pasta

- Add **light cooking cream**, the **boiling water** (1¾ cups for 2 people / 3½ cups for 4 people), **chicken-style stock powder** and **fusilli**.
- Stir to combine and bring to the boil.
- Reduce heat to medium and cover with a lid. Cook, stirring occasionally, until the pasta is 'al dente', **11 minutes**.
- Stir through **shaved Parmesan cheese**. Season to taste with **salt** and **pepper**.

4



## Serve up

- Divide one-pot creamy mushroom fusilli between bowls.
- Serve with apple salad. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://www.hellofresh.com.au/rate)