



One Pot Garlic-Mushroom Orecchiette with Pear Salad

EXPLORER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sliced Mushrooms



Herb & Mushroom Seasoning



Plant-Based Cooking Cream



Vegetable Stock Powder



Orecchiette



Parmesan Cheese



Pear



Mixed Salad Leaves



Diced Bacon

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

Eat Me Early

You can never really go wrong with little orecchiette, 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
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
sliced mushrooms	1 medium packet	1 large packet
herb & mushroom seasoning	1 medium sachet	2 medium sachets
plant-based cooking cream	1 packet	2 packets
boiling water*	1¾ cups	3½ cups
vegetable stock powder	1 medium sachet	1 large sachet
orecchiette	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
pear	1	2
vinegar* (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)	2671kJ (638Cal)	797kJ (190Cal)
Protein (g)	18.4g	5.5g
Fat, total (g)	24g	7.2g
- saturated (g)	11.9g	3.6g
Carbohydrate (g)	83.3g	24.9g
- sugars (g)	18g	5.4g
Sodium (mg)	1187mg	354mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3059kJ (731Cal)	805kJ (192Cal)
Protein (g)	25.3g	6.7g
Fat, total (g)	30.8g	8.1g
- saturated (g)	14.4g	3.8g
Carbohydrate (g)	84.1g	22.1g
- sugars (g)	18.5g	4.9g
Sodium (mg)	1618mg	426mg

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 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 **herb & mushroom seasoning** and cook until fragrant, **1 minute**.

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

3



Toss salad

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

2



Cook pasta

- Add **plant-based cooking cream**, the **boiling water** (1¾ cups for 2 people / 3½ cups for 4 people), **vegetable stock powder** and **orecchiette**.
- Stir to combine and bring to boil.
- Reduce heat to medium and cover with a lid. Cook, stirring occasionally, until the pasta is 'al dente', **10 minutes**.
- Stir through **Parmesan cheese**. Season to taste.

TIP: Add a dash more water if the pasta is looking dry!

4



Serve up

- Divide one-pot garlic mushroom orecchiette between bowls.
- Serve with pear salad. Enjoy!

Custom Recipe: Divide one pot garlic mushroom and bacon orecchiette between bowls.

Rate your recipe

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