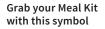


One-Pot Garlicky Mushroom Orecchiette

with Pear Salad

CLIMATE SUPERSTAR











Sliced Mushrooms

Herb & Mushroom Seasoning





Thickened Cream

Vegetable Stock Powder







Orecchiette Parmesan Cheese





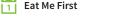
Mixed Salad Leaves





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

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!



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 | |
| thickened cream | 1 medium packet | 2 medium 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 packet | 1 medium packet | |
| diced bacon** | 1 medium packet | 1 large packet | |
| *Pantry Items **Custom Recipe Ingredient | | | |

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2740kJ (655Cal) | 645kJ (154Cal) |
| Protein (g) | 20.5g | 4.8g |
| Fat, total (g) | 24.3g | 5.7g |
| - saturated (g) | 11.9g | 2.8g |
| Carbohydrate (g) | 83.5g | 19.6g |
| - sugars (g) | 18.1g | 4.3g |
| Sodium (mg) | 1198mg | 282mg |
| Dietary Fibre (g) | 10.5g | 2.5g |
| Custom Recipe | | |

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3128kJ (748Cal) | 666kJ (159Cal) |
| Protein (g) | 27.4g | 5.8g |
| Fat, total (g) | 31.1g | 6.6g |
| - saturated (g) | 14.4g | 3.1g |
| Carbohydrate (g) | 84.3g | 17.9g |
| - sugars (g) | 18.6g | 4g |
| Sodium (mg) | 1629mg | 347mg |
| Dietary Fibre | 10.5g | 2.2g |

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.



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.



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.



Cook pasta

- Add thickened cream, the boiling water (1³/₄ cups for 2 people / 3¹/₂ 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!



Serve up

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

