



# One-Pot Garlicky Mushroom Orecchiette with Pear Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sliced Mushrooms



Herb & Mushroom Seasoning



Thickened Cream



Vegetable Stock Powder



Orecchiette



Parmesan Cheese



Pear



Mixed Salad Leaves



Diced Bacon

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!

Eat Me First

**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
herb & mushroom seasoning	1 medium sachet	2 medium sachets
thickened cream	1 medium packet	2 medium packets
<b>boiling water*</b>	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
<b>vinegar*</b> (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 (g)	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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 **thickened 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 garlicky mushroom orecchiette between bowls.
- Serve with pear salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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