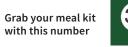


NEW

CLIMATE SUPERSTAR





















Sliced Mushrooms



Light Cooking



Baby Spinach Leaves



Parmesan Cheese





Prep in: 20-30 mins Ready in: 25-35 mins



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

 $Large\ saucepan \cdot Large\ frying\ pan$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
risoni	1 medium packet	2 medium packets
sliced mushrooms	1 medium packet	1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
butter*	20g	40g
salt*	1/4 tsp	½ tsp
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet
* Dantry Itoms		

^{*} Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2738kJ (654cal)	310kJ (74cal)
Protein (g)	21.7g	2.5g
Fat, total (g)	32.5g	3.7g
- saturated (g)	17.3g	2g
Carbohydrate (g)	67.2g	7.6g
- sugars (g)	8.5g	1g
Sodium (mg)	1243mg	140.8mg
Dietary Fibre (g)	5.8g	0.7g

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.



Get prepped

- Boil the kettle.
- · Thinly slice leek.
- · Slice zucchini into half-moons.
- Finely chop garlic.



Cook the veggies

- While risoni is cooking, heat a large frying pan over high heat with a drizzle
 of olive oil. Cook sliced mushrooms, leek and zucchini, stirring, until
 browned and softened, 5-6 minutes.
- Add garlic, herb & mushroom seasoning and the butter and cook until fragrant, 1 minute.
- Reduce heat to low and add the salt, light cooking cream, baby spinach leaves, reserved pasta water and cooked risoni. Simmer, stirring, until slightly thickened, 1-2 minutes. Remove from heat and season with pepper to taste.



Cook the risoni

- Half-fill a large saucepan with boiling water. Add a generous pinch of salt, then bring to the boil over high heat.
- Cook risoni in the boiling water until 'al dente', 7-8 minutes.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain and return **risoni** to the saucepan with a drizzle of **olive oil**.



Serve up

- · Divide creamy mushroom and zucchini risoni between bowls.
- Top with Parmesan cheese to serve. Enjoy!

TIP: Add an extra splash of water if the mixture looks too thick.





If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

