

# One-Pot Garlicky Mushroom Pasta

with Green Salad

WINTER WARMERS

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

21



Brown Onion



Garlic



Sliced Mushrooms



Herb & Mushroom  
Seasoning



Light Cooking  
Cream



Orecchiette



Parmesan Cheese



Apple



Mixed Salad  
Leaves




Diced  
Bacon



Chicken  
Breast

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

 Eat Me First

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!

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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 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 sachet	2 sachets
light cooking cream	1 medium packet	1 large packet
<b>boiling water*</b>	1¾ cups	3½ cups
<b>salt*</b>	¼ tsp	½ tsp
orecchiette	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
apple	1	2
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2744kJ (656cal)	325kJ (78cal)
Protein (g)	20.5g	2.4g
Fat, total (g)	24.3g	2.9g
- saturated (g)	11.9g	1.4g
Carbohydrate (g)	83.9g	9.9g
- sugars (g)	18.3g	2.2g
Sodium (mg)	1198mg	141.8mg
Dietary Fibre (g)	10.4g	1.2g

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**.

3



## Toss salad

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

2



## Cook pasta

- Add **light cooking cream**, the **boiling water** (1¾ cups for 2 people / 3½ cups for 4 people), **salt** 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 with **salt** and **pepper**.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.

4



## Serve up

- Divide one-pot garlicky mushroom pasta between bowls.
- Serve with green salad. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



### CUSTOM OPTIONS



#### ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



#### ADD CHICKEN BREAST

Thinly slice into strips. Before cooking sauce, cook chicken breast, 4-6 minutes. Continue with recipe.

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

