

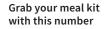
One-Pot Garlicky Mushroom Pasta

with Green Salad

WINTER WARMERS

HELLOHERO

CLIMATE SUPERSTAR









Brown Onion





Sliced Mushrooms

Herb & Mushroom Seasoning





Light Cooking

Orecchiette





Apple

Parmesan Cheese

Mixed Salad

Leaves





Prep in: 15-25 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 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 sachet	2 sachets
light cooking cream	1 medium packet	1 large packet
boiling water*	1¾ cups	3½ cups
salt*	1/4 tsp	½ tsp
orecchiette	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
apple	1	2
vinegar* (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 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.



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.



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.



Serve up

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







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



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.

