

One-Pot Garlicky Mushroom Orecchiette

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
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*	¼ 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.

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 the **vinegar** and **olive oil**.
- Top dressing with **mixed salad leaves** and **apple**. Season 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: Add a dash more water if the pasta is looking dry!

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

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



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.

