

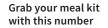
# One-Pot Garlicky Mushroom Orecchiette

with Green Salad

WINTER WARMERS

HELLOHERO

CLIMATE SUPERSTAR









Brown Onion

Garlic





Sliced Mushrooms

Herb & Mushroom Seasoning



Light Cooking Cream

Orecchiette





Parmesan Cheese

Apple



Mixed Salad Leaves



Diced Bacon



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

|   | 9               |                  |  |  |
|---|-----------------|------------------|--|--|
|   | 2 People        | 4 People         |  |  |
| olive oil*                              | refer to method | refer to method  |  |  |
| brown onion                             | 1               | 2                |  |  |
| garlic                                  | 2 cloves        | 4 cloves         |  |  |
| sliced<br>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*<br>(white wine or<br>balsamic) | drizzle         | drizzle          |  |  |
| mixed salad<br>leaves                   | 1 small packet  | 1 medium packet  |  |  |

<sup>\*</sup>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 the vinegar and olive oil.
- Top dressing with mixed salad leaves and apple. Season and toss to combine.



## Cook pasta

- Add light cooking cream, the boiling water (1% 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.



# Serve up

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





#### 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.

