

# One-Pot Garlicky Mushroom Orecchiette

with Green Salad

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Brown Onion



Garlic



Sliced Mushrooms



Herb & Mushroom Seasoning



Thickened 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        |
| thickened cream                             | 1 packet        | 2 packets        |
| <b>boiling water*</b>                       | 1 ¾ cups        | 3 ½ 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><br>(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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



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## 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**.

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## 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 and toss to combine.

2



## Cook pasta

- Add **thickened cream**, the **boiling water** (1 ¾ cups for 2 people / 3 ½ cups for 4 people), **salt** and **orecchiette**. Stir to combine and bring to the 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!

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## Serve up

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

## 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.

