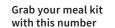


One-Pot Garlicky Mushroom Orecchiette

with Green Salad

CLIMATE SUPERSTAR











Sliced Mushrooms



Herb & Mushroom



Light Cooking



Vegetable Stock





Orecchiette



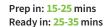


Parmesan Cheese

Mixed Salad









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 mushrooms	1 medium packet	1 large packet
herb & mushroom seasoning	1 medium sachet	2 medium sachets
light cooking cream	1 medium packet	1 large packet
boiling water*	1¾ cups	3½ cups
vegetable stock pot	1 small packet	1 medium packet
orecchiette	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
pear	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet

^{*}Pantry Items

Nutrition

		D 100
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2723kJ (650Cal)	646kJ (154Cal)
Protein (g)	20.3g	4.8g
Fat, total (g)	24.4g	5.8g
- saturated (g)	12g	2.8g
Carbohydrate (g)	83.9g	19.9g
- sugars (g)	18.4g	4.4g
Sodium (mg)	1034mg	245mg
Dietary Fibre (g)	10.5g	2.5g

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 the 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 the salad

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



Cook the pasta

- Add light cooking cream, the boiling water (1% cups for 2 people / 3½ cups for 4 people), vegetable stock pot 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', 11 minutes.
- · Stir through Parmesan cheese. Season to taste.

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



Finish & serve

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



ADD DICED BACON

