



# One-Pot Garlicky Mushroom Orecchiette with Green Salad

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Brown Onion



Garlic



Sliced Mushrooms



Herb & Mushroom Seasoning



Light Cooking Cream



Vegetable Stock Pot



Orecchiette



Parmesan Cheese



Pear



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 medium sachet | 2 medium sachets |
| light cooking cream                         | 1 medium packet | 1 large packet   |
| <b>boiling water*</b>                       | 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                |
| <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)       | 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](https://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 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**.

3



## 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.

2



## Cook the pasta

- Add **light cooking cream**, the **boiling water** (1¾ 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.

4



## Finish & serve

- 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

2025 | CW06



### CUSTOM OPTIONS



#### ADD DICED BACON

Before cooking the mushrooms, 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 the mushrooms, 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.

