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hello@hellofresh.com.au | (02) 8188 8722

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## Creamy Mushroom Fettuccine with Sundried Tomatoes

We think this technique of cooking pasta is a real game changer - you won't believe how creamy the end result is. Milk and stock infuse the fettuccine with beautiful sauciness and flavour, and by finishing everything in the same pot, you know every bit of pasta is covered in sauce, sundried tomatoes and silky mushrooms.



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 2



high protein

### Pantry Items



Olive Oil



Water



Milk



Pine Nuts



Swiss Brown  
Mushrooms



Garlic



Vegetable Stock



Fettuccine



Sundried Tomatoes



Lemon



Parmesan Cheese



Baby Spinach



Parsley

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2P	4P	Ingredients
2 tbs	4 tbs	pine nuts
1 tbs	2 tbs	olive oil *
1 punnet	2 punnets	swiss brown mushrooms, sliced
1 clove	2 cloves	garlic, peeled & crushed
1 ½ cups	3 cups	water *
1 cube	2 cubes	vegetable stock, crumbled
1 ¼ cups	2 ½ cups	milk *
200 g	400 g	fettuccine, broken in half (recommended amount)
¼ cup	½ cup	sundried tomatoes, drained & finely chopped
½	1	lemon, zested & juiced
½ block	1 block	Parmesan cheese, finely grated
½ bag	1 bag	baby spinach, washed
1 bunch	2 bunches	parsley, finely chopped

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2960	Kj
Protein	32	g
Fat, total	22.4	g
-saturated	4.5	g
Carbohydrate	89.5	g
-sugars	16.7	g
Sodium	694	mg

1a



**You will need:** *chef's knife, chopping board, garlic crusher, fine grater, medium frying pan, wooden spoon and a large saucepan with a lid.*

**1** Heat a medium frying pan over a medium-high heat. Add the **pine nuts** and cook, stirring, for **2 minutes** or until toasted. Remove from the pan. Place the same frying pan back over a medium-high heat. Add the **olive oil** and **swiss brown mushroom** and cook, stirring, for **2-3 minutes** or until golden and tender. Add the **garlic** and cook for a further **1 minute** or until fragrant. Set aside.

1b



**2** Meanwhile, add the **water**, **crumbled vegetable stock**, **milk**, and **fettuccine** to a large saucepan. Season generously with cracked **black pepper**. Ensure that the fettuccine is submerged below the liquid. Cover the saucepan with a lid and bring to the boil. Remove the lid and give it a stir with a wooden spoon to ensure nothing is sticking to the bottom of the pan. Return the lid and reduce the heat to low. Simmer for **10-12 minutes** or until the pasta is 'al dente'. Stir the pasta every **3 minutes** to make sure it's not sticking. Remove the lid and simmer for a further **1-2 minutes** or until the liquid thickens a little. Stir through the swiss brown mushroom, **sundried tomato**, pine nuts, a pinch of the **lemon zest**, the **lemon juice**, half of the **Parmesan cheese** and the **baby spinach**. Season to taste with **salt** and pepper.

2a



**3** Divide the pasta between bowls and top with the remaining **Parmesan cheese** and the **parsley**.

2b



**Did you know?** The origin of sundried tomatoes is unclear, however it is known that Aztecs preserved their tomatoes through a salting and drying process as early as 700 BC.