



# Creamy Mushroom & Truffle Fettuccine

with Pear & Parmesan Salad

Grab your Meal Kit with this symbol



Garlic



Silverbeet



Pear



Fettuccine



Salad Leaves



Parsley



Truffle Oil (Optional)



Sliced Mushrooms



Light Cooking Cream



Vegetable Stock Pot



Grated Parmesan Cheese



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins

**1** Eat Me Early

This comforting dish pairs meaty mushrooms and slightly sweet truffle oil with a simple but stellar sauce. The peppery salad leaves, sweet pear and sharp Parmesan are perfect for balancing out the richness of the dish.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
silverbeet	1 medium bag	1 large bag
pear	½	1
fettuccine	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
sliced mushrooms	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
<b>honey*</b>	½ tsp	1 tsp
<b>balsamic vinegar*</b>	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
truffle oil (optional)	drizzle	drizzle
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3201kJ (765Cal)	799kJ (191Cal)
Protein (g)	20.5g	5.1g
Fat, total (g)	39.2g	9.8g
- saturated (g)	18.4g	4.6g
Carbohydrate (g)	78.2g	19.5g
- sugars (g)	14.9g	3.7g
Sodium (mg)	966mg	241mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3949kJ (944Cal)	698kJ (167Cal)
Protein (g)	54.9g	9.7g
Fat, total (g)	43.6g	7.7g
- saturated (g)	19.8g	3.5g
Carbohydrate (g)	78.7g	13.9g
- sugars (g)	15.3g	2.7g
Sodium (mg)	1047mg	185mg

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



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## Get prepped & cook the pasta

- Bring a medium saucepan of salted water to the boil.
- Finely chop **garlic**. Roughly chop **silverbeet**. Thinly slice **pear** (see ingredients).
- Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**. Drain, reserving some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then return **pasta** to the saucepan.

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

**Custom Recipe:** If you've added chicken breast, cut it into 2cm chunks.

3



## Bring it all together

- Add **silverbeet**, **fettuccine**, 1/2 the **grated Parmesan cheese** and 1/2 the reserved **pasta water** to the pan. Toss to combine.
- Remove pan from heat. Add a splash more **pasta water** to loosen the pasta, if needed. Season with **salt** and **pepper**. Set aside.
- Just before serving, combine the **honey** with a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season, then add **pear** and **salad leaves**. Toss to coat.

2



## Cook the sauce

- Meanwhile, heat a large frying pan over high heat with the **butter** and a drizzle of **olive oil**. Cook **sliced mushrooms**, tossing, until browned and softened, **8-10 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Reduce heat to medium. Stir in **light cooking cream** and **vegetable stock pot**. Simmer until thickened, **1-2 minutes**.

**Custom Recipe:** Once the mushrooms have been cooking for 2-3 minutes, add chicken and cook until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue as above.

4



## Serve up

- Roughly chop **parsley** leaves.
- Divide creamy mushroom fettuccine between bowls. Drizzle some **truffle oil** (if using) over the pasta to taste. Sprinkle with parsley.
- Sprinkle remaining Parmesan over pasta and salad. Serve pasta with pear and Parmesan salad. Enjoy!

**TIP:** Truffle oil has a strong flavour. Add less, or leave it out, if desired.

## Rate your recipe

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