



Creamy Mushroom & Truffle Fettuccine

with Rocket, Pear & Parmesan Salad

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Parsley



Pear



Fettuccine



Sliced Mushrooms



Light Cooking Cream



Vegetable Stock Pot



Grated Parmesan Cheese



Rocket Leaves



Truffle Oil



Chicken Breast

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Eat Me Early

This comforting dish pairs the earthy flavour of mushroom and truffle with an easy creamy sauce. The peppery rocket, sweet pear and sharp Parmesan are perfect for balancing out the richness of the pasta.



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

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Honey

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
parsley	1 bag	1 bag
pear	1	2
fettuccine	1 packet	2 packets
butter*	20g	40g
sliced mushrooms	1 packet (150g)	1 packet (300g)
light cooking cream	1 medium packet	2 medium packets
vegetable stock pot	1 packet (20g)	1 packet (40g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
balsamic vinegar*	½ tbs	1 tbs
honey*	½ tsp	1 tsp
rocket leaves	1 bag (30g)	1 bag (60g)
truffle oil	drizzle	drizzle
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3458kJ (826Cal)	887kJ (212Cal)
Protein (g)	22.2g	5.7g
Fat, total (g)	42.2g	10.8g
- saturated (g)	21g	5.4g
Carbohydrate (g)	89.3g	22.9g
- sugars (g)	15.7g	22.9g
Sodium (mg)	911mg	234mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4181kJ (999Cal)	753kJ (180Cal)
Protein (g)	59g	10.6g
Fat, total (g)	44.8g	8.1g
- saturated (g)	21.9g	3.9g
Carbohydrate (g)	90.1g	16.2g
- sugars (g)	16.5g	16.2g
Sodium (mg)	979mg	176mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

- Bring a medium saucepan of salted water to the boil.
- Finely chop **garlic**. Roughly chop **baby spinach leaves**. Roughly chop **parsley**. Thinly slice **pear**.
- Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**. Drain, reserving some **cooking water** (1/2 cup for 2 people / 1 cup for 4 people), then return **pasta** to saucepan. Drizzle with **olive oil** to prevent sticking.

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

CUSTOM RECIPE

If you've added chicken breast, cut chicken breast into bite-sized chunks.



Bring it all together

- Add **baby spinach**, drained **fettuccine**, 1/2 the **grated Parmesan cheese** and some reserved **cooking water** (1/4 cup for 2 people / 1/2 cup for 4 people) to the sauce. Toss to combine.
- Remove pan from heat and add a splash more **cooking water** if needed. Season with **salt** and **pepper**.



Cook the mushrooms

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

CUSTOM RECIPE

Add chicken with the mushrooms and cook until browned and cooked through, 5-6 minutes



Serve up

- In a medium bowl, combine **balsamic vinegar**, **honey** and a drizzle of **olive oil**. Season. Add pear and **rocket leaves** and toss to coat.
- Divide creamy mushroom fettuccine between bowls and serve with rocket and pear salad. Drizzle some **truffle oil** over the pasta. Sprinkle remaining Parmesan over pasta and salad. Garnish with **parsley** to serve.

TIP: Truffle oil has a strong flavour, use it sparingly!

Enjoy!