

Quick Mushroom & Truffle Fettuccine

with Rocket, Pear & Parmesan Salad



Garlic



Baby Spinach Leaves



Pear



Fettuccine



Sliced Mushrooms



Light Cooking Cream



Vegetable Stock Pot



Grated Parmesan Cheese



Rocket Leaves



Parsley



Truffle Oil



Chicken Breast

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

Eat Me Early

This comforting dish pairs meaty mushrooms and slightly sweet truffle oil with a simple but stellar sauce. The peppery rocket, 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, 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 small bag	1 medium bag
pear	1	2
fettuccine	1 packet	2 packets
butter*	20g	40g
sliced mushrooms	1 medium packet (150g)	1 large packet (300g)
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)
balsamic vinegar*	1½ tsp	3 tsp
honey*	½ tsp	1 tsp
rocket leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
truffle oil	drizzle	drizzle
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3380kJ (807Cal)	900kJ (215Cal)
Protein (g)	21.6g	5.8g
Fat, total (g)	39.1g	10.4g
- saturated (g)	18.4g	4.9g
Carbohydrate (g)	89.2g	23.8g
- sugars (g)	15.5g	4.1g
Sodium (mg)	904mg	241mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4206kJ (1005Cal)	761kJ (182Cal)
Protein (g)	58.8g	10.6g
Fat, total (g)	44.9g	8.1g
- saturated (g)	21.8g	3.9g
Carbohydrate (g)	90.6g	16.4g
- sugars (g)	16.8g	16.4g
Sodium (mg)	975mg	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**. Thinly slice **pear**.
- 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. Drizzle with **olive oil** to prevent sticking.

CUSTOM RECIPE

If you've added chicken breast, cut the chicken into 2cm chunks.



Bring it all together

- Add **baby spinach**, drained **fettuccine**, 1/2 the **grated Parmesan cheese** and 1/2 the reserved **pasta water**. Toss to combine.
- Remove pan from heat. Add a splash more **pasta water**, if needed. Season with **salt** and **pepper**.
- Combine **balsamic vinegar**, **honey** and a drizzle of **olive oil** in a medium bowl. Season, then add **pear** and **rocket leaves**. Toss to coat.
- Roughly chop **parsley**.



Cook the sauce

- Meanwhile, heat the **butter** and a drizzle of **olive oil** in a large frying pan over a high heat. 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 the chicken and cook until browned and cooked through, 5-6 minutes. Then continue as above.



Serve up

- Divide mushroom fettuccine between bowls. Sprinkle with parsley and drizzle with **truffle oil** to taste.
- Sprinkle remaining Parmesan over pasta and rocket and pear salad to serve.

TIP: Truffle oil has a strong flavour – add less if desired!

Enjoy!