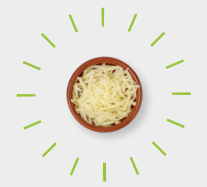




# CREAMY SPINACH & MUSHROOM PASTA BAKE

with Cheesy Panko Topping



Add cheese to a panko crust



Brown Onion



Garlic



Zucchini



Penne



Sliced Mushrooms



Cooking Cream



Vegetable Stock



Baby Spinach Leaves



Grated Parmesan Cheese



Shredded Cheddar Cheese



Panko Breadcrumbs



Parsley

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

Creamy spinach meets mushrooms in this baked delight! Pasta bakes are a classic for a reason, and they're even better when loaded with veggies and finished with a cheesy breadcrumb topping.

**Pantry Staples:** Olive Oil, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **medium saucepan** • **large frying pan** • **medium baking dish**



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **zucchini**.



### 2 COOK THE PASTA

Add the **penne** to the saucepan of boiling water and cook for **8 minutes**, or until 'al dente'. Drain and set aside.



### 3 COOK THE VEGGIES

While the pasta is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium high-heat. Add the **onion** and **zucchini** and cook for **3-4 minutes**, or until the onion has softened. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **sliced mushrooms** and **butter** and cook, stirring, for **4-5 minutes**, or until tender.



### 4 MAKE THE SAUCE

Reduce the heat to medium-low and add the **cooking cream** and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) to the frying pan. Stir to combine. Add the **baby spinach leaves**. Stir until the baby spinach has just wilted. Stir through the **grated Parmesan cheese** and season to taste with **salt** and **pepper**.



### 5 FINISH THE PASTA BAKE

Transfer the **penne** and the **sauce** to a medium baking dish and stir to combine. In a medium bowl, combine the **panko breadcrumbs** (see ingredients list) and **shredded Cheddar cheese** with **salt** and **pepper** and a **drizzle of olive oil**. Mix to combine and sprinkle over the pasta. Bake for **8-10 minutes**, or until the cheese is melted and golden. While the pasta bake is in the oven, roughly chop the **parsley**.



### 6 SERVE UP

Divide the creamy spinach and mushroom pasta bake between plates. Garnish with parsley.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
zucchini	1	2
penne	1 packet	2 packets
sliced mushrooms	1 packet (150 g)	1 packet (300 g)
butter*	30g	60g
cooking cream	1 tub (300 ml)	2 tubs (600 ml)
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
grated Parmesan cheese	1 packet (30 g)	2 packets (60 g)
panko breadcrumbs	½ packet	1 packet
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
parsley	1 bag	1 bag

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4410kJ (1050Cal)	678kJ (162Cal)
Protein (g)	35.6g	5.5g
Fat, total (g)	53.9g	8.3g
- saturated (g)	34.9g	5.4g
Carbohydrate (g)	98.0g	15.1g
- sugars (g)	16.5g	2.5g
Sodium (g)	943mg	145mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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