



# MUSHROOM ANGEL HAIR PASTA

with Basil-Walnut Pesto



Make your own  
basil-walnut pesto



Basil



Garlic



Parmesan Cheese



Brown Onion



Mushrooms



Walnuts



Baby Spinach Leaves



Capellini Pasta

*Pantry Staples*



Olive Oil



Salt



Balsamic Vinegar

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

Prepare to feel angelic from the very first bite of this sumptuous pasta. It comes alive with help from its rich walnut and basil pesto.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan, plastic bag, rolling pin or meat mallet, chef's knife, chopping board, garlic crusher, fine grater, medium bowl, large frying pan, wooden spoon** and a **colander**.



### 1 GET PREPPED

Bring a large saucepan of salted water to the boil. Place the **walnuts** in a plastic bag and use a rolling pin or meat mallet to crush into a fine crumb. Pick and finely chop the **basil** leaves. Peel and crush the **garlic**. Finely grate the **Parmesan cheese**. Finely slice the **brown onion**. Finely slice the **mushrooms**.



### 2 MAKE THE BASIL-WALNUT PESTO

In a medium bowl, add the crushed **walnuts**, the **basil**, the **garlic**, **1/2** of the **Parmesan cheese** and the **salt** (use **suggested amount**). Slowly add the **olive oil** (**1/4 cup for 2 people/ 1/2 cup for 4 people**) and stir to combine. Season to taste with a **pinch of pepper** and set aside. **TIP:** If you have a food processor, use it to combine the ingredients into a smoother pesto.



### 3 COOK THE MUSHROOMS

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **brown onion** and the **mushrooms** and cook for **4-5 minutes**, or until softened. Add the **balsamic vinegar** and the **baby spinach leaves** and cook for **1-2 minutes**, or until the spinach has wilted. Remove from the heat.



### 4 COOK THE PASTA

While the mushrooms are cooking, add the **capellini pasta** (use **suggested amount**) to the large saucepan of boiling water. Cook for **4 minutes**, or until 'al dente'. **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. **Note:** Be sure to use the suggested amount of pasta to ensure your dish is balanced, just the way we planned it! Drain and set aside.



### 5 TOSS IT ALL TOGETHER

Add the **capellini pasta** and the **basil-walnut pesto** to the pan with the mushrooms and onion. Toss well to coat the pasta in the pesto.



### 6 SERVE UP

Divide the mushroom angel hair pasta between bowls and top with the remaining Parmesan.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
walnuts	1 packet (1/4 cup)	2 packets (1/2 cup)
basil	1 bunch	1 bunch
garlic	1 clove	2 cloves
Parmesan cheese	1 block (50 g)	1 block (100 g)
brown onion	1	2
mushrooms	1 punnet	2 punnets
salt*	1 tsp	2 tsp
balsamic vinegar*	1 tbs	2 tbs
baby spinach leaves	1 bag	1 bag
capellini pasta (use suggested amount)	1/3 packet (165 g)	2/3 packet (330 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2200kJ (526Cal)	599kJ (143Cal)
Protein (g)	25.8g	7.0g
Fat, total (g)	18.2g	4.9g
- saturated (g)	5.6g	1.5g
Carbohydrate (g)	61.6g	16.7g
- sugars (g)	6.6g	1.8g
Sodium (g)	320mg	87mg

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