



Mushroom & Parmesan Fettuccine

with Pine Nuts



Cook pasta in its own creamy sauce



Mushrooms



Parmesan Cheese



Parsley



Garlic



Lemon



Fettuccine



Vegetable Stock



Pine Nuts



Baby Spinach Leaves

Pantry Staples



Olive Oil



Water



Milk

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

We think this technique of cooking pasta is a real game changer - you won't believe how creamy the end result is. Milk and stock infuse the fettuccine with beautiful sauciness and flavour, and finishing everything in the same pot means every bit of pasta is covered in sauce and silky mushrooms.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fine grater, large saucepan** with a lid, **wooden spoon, medium frying pan** and **tongs**.



1 GET PREPPED

Finely slice the **mushrooms**. Peel and crush the **garlic**. Finely grate the **Parmesan cheese**. Finely chop the **parsley** leaves. Slice the **lemon** into wedges.



2 PREP THE FETTUCCHINE

Break the **fettuccine (used suggested amount)** in half. Add the **water (check the ingredients for the amount), milk** and fettuccine to a large saucepan. Note: Be sure to add the correct amount of pasta in order for your dish to be perfectly balanced, just the way we planned it! Submerge the fettuccine below the liquid, crumble in the **vegetable stock** cube and season with a **pinch of black pepper**. Cover the saucepan with a lid and bring to the boil.



3 COOK THE FETTUCCHINE

Once the liquid is boiling, quickly stir the **fettuccine** to ensure it isn't stuck to the bottom of the pan. Reduce the heat to low and simmer, covered, for **10-12 minutes**, or until the pasta is 'al dente'. **TIP:** Stir every few minutes to prevent the pasta from sticking to the pan. Remove the lid and simmer for a further **1-2 minutes**, or until the liquid thickens slightly.



4 FRY THE MUSHROOMS

While the fettuccine is cooking, heat a medium frying pan over a medium-high heat. Add the **pine nuts** and toast, stirring, for **2 minutes**, or until lightly browned. Remove from the pan. Return the pan to the heat, add a **drizzle of olive oil** and the **mushrooms** and cook, stirring, for **2-3 minutes**, or until golden and tender. Add the **garlic** and cook for **1 minute**, or until fragrant. Set aside.



5 BRING EVERYTHING TOGETHER

When the fettuccine has finished cooking, stir through the **pine nuts, the mushrooms, ½ of the Parmesan cheese** and the **baby spinach leaves**. Add a **pinch of salt and pepper** and taste your pasta. If you can't taste all the flavours add a little more salt and pepper until you can.



6 SERVE UP

Divide the mushroom fettuccine between bowls and top with the remaining Parmesan cheese and the parsley. Serve with the lemon wedges on the side.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
mushrooms	1 punnet	2 punnets
garlic 🌱	2 cloves	4 cloves
Parmesan cheese	½ block (25 g)	1 block (50 g)
parsley 🌱	½ bunch	1 bunch
lemon	1	2
fettuccine (use suggested amount)	200 g	400 g
water*	1 ½ cups	3 cups
milk*	1 ¼ cups	2 ½ cups
vegetable stock	1 cube	2 cubes
pine nuts	1 sachet (1 tbs)	2 sachets (2 tbs)
baby spinach leaves	1 bag	2 bags

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2550kJ (610Cal)	407kJ (97Cal)
Protein (g)	29.0g	4.6g
Fat, total (g)	16.7g	2.7g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	81.4g	13.0g
- sugars (g)	11.4g	1.8g
Sodium (g)	683mg	109mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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