



Pulled Mushroom Ragu & Fettuccine

with Garlic-Rosemary Pangrattato & Pear Salad

Grab your Meal Kit with this symbol



Pear



Garlic



Brown Onion



Carrot



Rosemary



Plant-Based Slow Braised Meat



Panko Breadcrumbs



Garlic & Herb Seasoning



Fettuccine



Diced Tomatoes With Garlic & Olive Oil



Vegetable Stock



Italian Herbs



Grated Parmesan Cheese



Spinach & Rocket Mix

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Eat me early

Craving a big bowl of pasta with slow-cooked flavours that comes together fast? Our rich ragu and fettuccine dish uses one of our new veggie alternative proteins - a plant-based slow braised meat, made primarily from mushrooms - for absolute decadence with every bite!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pear	1	2
garlic	3 cloves	6 cloves
brown onion	1	2
carrot	1	2
rosemary	2 sticks	4 sticks
plant-based slow braised meat	1 packet	2 packets
panko breadcrumbs	½ packet	1 packet
garlic & herb seasoning	1 sachet	2 sachets
fettuccine	1 packet	2 packets
diced tomatoes with garlic & olive oil	1 tin	2 tins
butter*	20g	40g
vegetable stock	2 cubes	4 cubes
Italian herbs	½ sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
balsamic vinegar*	2 tsp	1 tbs
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4193kJ (1002Cal)	595kJ (142Cal)
Protein (g)	33.3g	4.7g
Fat, total (g)	41.3g	5.9g
- saturated (g)	26.6g	3.8g
Carbohydrate (g)	123.9g	17.6g
- sugars (g)	32.3g	4.6g
Sodium (mg)	2209mg	314mg

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.



Get prepped

Bring a large saucepan of salted water to the boil. Thinly slice the **pear**. Finely chop the **garlic** and **brown onion**. Grate the **carrot**. Pick and finely chop the **rosemary**. Roughly chop the **plant-based slow braised meat**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **panko breadcrumbs** (see ingredients) and toast, tossing, until golden, **2-3 minutes**. Add the **rosemary** and 1/3 of the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and season to taste.



Finish the ragu

Add the **diced tomatoes with garlic & olive oil**, **butter**, reserved **pasta water**, **vegetable stock** (2 cubes for 2 people / 4 cubes for 4 people) and **Italian herbs** (see ingredients) to the frying pan. Stir to combine. Reduce the heat to medium and simmer until slightly thickened, **2-3 minutes**.

TIP: Add a splash more reserved pasta water if the sauce looks dry!



Start the ragu

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and **carrot** and cook until softened, **6-8 minutes**. Add the **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**. Add a drizzle of **olive oil** and the **plant-based slow braised meat** and cook, until broken down and slightly browned, **3-5 minutes**.



Bring it all together

Add the cooked **fettuccine** and 1/2 the **grated Parmesan cheese** to the ragu. Toss to coat and season to taste. In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper**. Add the **pear** and **spinach & rocket mix**. Toss to combine.



Cook the pasta

While the veggies are cooking, cook the **fettuccine** in the boiling **water** until 'al dente', **9 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cups for 4 people), drain, then return to the saucepan with a drizzle with **olive oil** to prevent the **fettuccine** sticking together.

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



Serve up

Divide the pulled mushroom ragu and fettuccine between bowls. Sprinkle over the garlic-rosemary pangrattato and the remaining Parmesan cheese. Serve with the pear salad.

Enjoy!