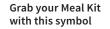


Mushroom, Leek & Cherry Tomato Spaghetti

with Parmesan & Garlic Pangrattato

CLIMATE SUPERSTAR







Portabello Mushrooms





Tinned Cherry Tomatoes















Aussie Spice Blend

Seasoning









Parsley



Prep in: 20-30 mins Ready in: 30-40 mins

Calorie Smart* *Custom Recipe is not Calorie Smart Meaty mushrooms work a treat with aromatic parsley and a silky, Parmesan-spiked sauce. Sit back and be amazed as this pasta dish dazzles us with it's depth of flavour. It's sure to be a crowd-pleaser.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
1 packet	1 packet
1	2
1 tin	2 tins
½ tbs	1 tbs
1 packet	2 packets
3 cloves	6 cloves
½ medium packet	1 medium packet
1 sachet	1 sachet
1 sachet	1 sachet
½ medium packet	1 medium packet
1 medium packet	1 large packet
1 bag	1 bag
1 packet	1 packet
	refer to method 1 packet 1 1 tin ½ tbs 1 packet 3 cloves ½ medium packet 1 sachet ½ sachet 1 medium packet 1 medium packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2657kJ (635Cal)	474kJ (113Cal)
Protein (g)	24.3g	4.3g
Fat, total (g)	14.9g	2.7g
- saturated (g)	4g	0.7g
Carbohydrate (g)	91.3g	16.3g
- sugars (g)	15.1g	2.7g
Sodium (mg)	1294mg	231mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3242kJ (775Cal)	531kJ (127Cal)
Protein (g)	32.3g	5.3g
Fat, total (g)	27.1g	4.4g
- saturated (g)	8.5g	1.4g
Carbohydrate (g)	91.3g	15g
- sugars (g)	15.1g	2.5g
Sodium (mg)	1693mg	278mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Roast the tomatoes

- Preheat oven to 220°C/200°C fan-forced. Bring a medium saucepan of salted water to the boil.
- Thinly slice portabello mushrooms and leek.
 Drain tinned cherry tomatoes.
- Place cherry tomatoes on a lined oven tray. Add the balsamic vinegar, drizzle with olive oil and season with salt and pepper.
- Toss to coat, then roast until caramelised,
 10-12 minutes.

TIP: Reserve the sauce from the cherry tomatoes to use in another meal!



Cook the spaghetti

- Meanwhile, cook **spaghetti** in the boiling water, over high heat, until 'al dente', **10 minutes**.
- Reserve some pasta water (½ cup for 2 people / 1 cup for 4 people), then drain spaghetti and return to the pan. Drizzle with olive oil to prevent sticking.

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



Make the garlic pangrattato

- While the spaghetti is cooking, finely chop **garlic**.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook panko breadcrumbs (see ingredients) and half the garlic, stirring occasionally, until fragrant and just toasted, 3-4 minutes. Transfer to a bowl.



Make the creamy sauce

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook mushrooms and leek until browned and softened. 4-5 minutes.
- Add garlic & herb seasoning, Aussie spice blend and the remaining garlic and cook until fragrant, 1 minute.
- Add plant-based cream (see ingredients), some reserved pasta water (¼ cup for 2 people / ½ cup for 4 people) and half the grated
 Parmesan cheese. Stir to combine, then simmer until reduced slightly, 2-3 minutes.

Custom Recipe: If you've added diced bacon, cook with mushrooms and leek, stirring, breaking up with a spoon, until golden, 6-7 minutes.



Bring it all together

- When the sauce is done, add cooked spaghetti and a splash more reserved pasta water to the sauce, then toss to coat.
- Add the roasted tomatoes and stir to combine,
 1-2 minutes. Season to taste.

TIP: Seasoning is key in this dish, so taste and add some more salt or pepper if you like!



Serve up

- Divide creamy mushroom, leek and cherry tomato spaghetti between bowls.
- Sprinkle with garlic pangrattato and remaining Parmesan cheese.
- · Tear over parsley to serve. Enjoy!

Rate your recipe

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