



Mushroom, Leek & Cherry Tomato Spaghetti

with Parmesan & Garlic Pangrattato

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Portabello Mushrooms



Leek



Tinned Cherry Tomatoes



Spaghetti



Garlic



Panko Breadcrumbs



Garlic & Herb Seasoning



Aussie Spice Blend



Plant-Based Cream



Grated Parmesan Cheese



Parsley



Diced Bacon

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
olive oil*	refer to method	refer to method
portabello mushrooms	1 packet	1 packet
leek	1	2
tinned cherry tomatoes	1 tin	2 tins
balsamic vinegar*	½ tbs	1 tbs
spaghetti	1 packet	2 packets
garlic	3 cloves	6 cloves
panko breadcrumbs	½ medium packet	1 medium packet
garlic & herb seasoning	1 sachet	1 sachet
Aussie spice blend	1 sachet	1 sachet
plant-based cream	½ medium packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag
diced bacon**	1 packet	1 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

2023 | CW40



1



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!

4



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.

2



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.

5



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!

3



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.

6



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!

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