



Creamy Mushroom & Truffle Fettuccine

with Tomato-Rocket Salad

Grab your Meal Kit with this symbol



Fettuccine



Button Mushrooms



Garlic



Tomato



Cream



Vegetable Stock Powder



Baby Spinach Leaves



Rocket Leaves



Truffle Oil



Grated Parmesan Cheese



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

This fettuccine dish pairs the earthy flavour of mushroom and truffle with an easy creamy sauce. The side salad balances the richness of the pasta with peppery rocket and sharp Parmesan.

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

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Honey

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fettuccine	1 packet	2 packets
button mushrooms	1 packet	1 packet
garlic	2 cloves	4 cloves
tomato	1	2
butter*	20g	40g
cream	½ packet (125ml)	1 packet (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
balsamic vinegar*	½ tbs	1 tbs
honey*	½ tsp	1 tsp
rocket leaves	1 small bag	1 medium bag
truffle oil	½ bottle	1 bottle
grated Parmesan cheese	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3580kJ (856Cal)	937kJ (224Cal)
Protein (g)	20.5g	5.4g
Fat, total (g)	53.1g	13.9g
- saturated (g)	25.5g	6.7g
Carbohydrate (g)	70.3g	18.4g
- sugars (g)	8.1g	2.1g
Sodium (mg)	621mg	162mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4325kJ (1034Cal)	798kJ (191Cal)
Protein (g)	53.7g	9.9g
Fat, total (g)	58.3g	10.8g
- saturated (g)	27.1g	5g
Carbohydrate (g)	71.1g	13.1g
- sugars (g)	8.1g	1.5g
Sodium (mg)	721mg	133mg

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 | CW46



1



Cook the pasta

- Boil the kettle. Half-fill a large saucepan with boiling water and a pinch of **salt**.
- Cook **fettuccine** in the boiling water, over high heat, until 'al dente', **10 minutes**.
- Reserve some **pasta water**, then drain and return **fettuccine** to the saucepan. Drizzle with **olive oil** to prevent sticking.

3



Toss the salad

- In a medium bowl, combine the **balsamic vinegar**, **honey** and a drizzle of **olive oil**. Season with **salt** and **pepper** and mix well.
- Add **tomato** and **rocket leaves** and toss to coat.

2



Make the mushroom sauce

- Meanwhile, thinly slice **button mushrooms**. Finely chop **garlic**. Roughly chop **tomato**.
- Heat a large frying pan over high heat with the **butter** and a drizzle of **olive oil**. Cook **mushrooms**, stirring occasionally, until browned, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Reduce the heat to medium, then add **cream** (see ingredients) and **vegetable stock powder**. Stir to combine and simmer until thickened, **2-3 minutes**.
- Add **baby spinach leaves**, **fettuccine** and a splash of the **reserved pasta water**. Remove pan from the heat, adding another splash of **water** if needed.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks. Cook the chicken with the mushrooms, tossing occasionally, until browned and cooked through, 6-7 minutes. Continue with step.

4



Serve up

- Divide creamy mushroom fettuccine between bowls. Drizzle **truffle oil** (see ingredients) over the pasta and sprinkle with **grated Parmesan cheese**.
- Serve with tomato-rocket salad. Enjoy!

TIP: Truffle oil has a strong flavour, use less if desired.

Rate your recipe

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