



One-Pan Garlic & Lamb Penne

with Mushrooms & Parmesan Cheese

NEW

Grab your Meal Kit with this symbol



-  Button Mushrooms
-  Lamb Mince
-  Soffritto Mix
-  Garlic & Herb Seasoning
-  Tomato Paste
-  Penne
-  Vegetable Stock Powder
-  Worcestershire Sauce
-  Grated Parmesan Cheese
-  Beef Mince

Recipe Update

Unfortunately, this week's fusilli was in short supply, so we've replaced it with penne. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 40-50 mins

No fuss, no bother this one-pot wonder does it all for you. Step right up and marvel at how all these ingredients transform from lamb, mushrooms and our favourite herby seasoning, into a pasta that's ready to take on the world. Give it a round of applause!

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

Pantry items

Olive Oil

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 deep frying with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
button mushrooms	1 packet	1 packet
lamb mince	1 packet	1 packet
soffritto mix	1 bag (150g)	1 bag (300g)
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
penne	1 packet	2 packets
vegetable stock powder	1 large sachet	2 large sachets
boiling water*	2¼ cups	4½ cups
Worcestershire sauce	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2754kJ (658Cal)	609kJ (146Cal)
Protein (g)	45.2g	10g
Fat, total (g)	14.9g	3.3g
- saturated (g)	5.7g	1.3g
Carbohydrate (g)	80.1g	17.7g
- sugars (g)	14.1g	3.1g
Sodium (mg)	1667mg	369mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3197kJ (764Cal)	707kJ (169Cal)
Protein (g)	48.3g	10.7g
Fat, total (g)	24g	5.3g
- saturated (g)	10.6g	2.3g
Carbohydrate (g)	80.1g	17.7g
- sugars (g)	14.1g	3.1g
Sodium (mg)	1647mg	364mg

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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1



Cook the mushrooms

- Thinly slice **button mushrooms**. Boil the kettle.
- In a large deep frying (or saucepan), heat a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** until browned and softened, **8-10 minutes**. Transfer to a bowl.

3



Bring it all together

- Add **penne**, **vegetable stock powder**, **mushrooms**, the **boiling water** (2¼ cups for 2 people / 4½ cups for 4 people) and a pinch of **salt**.
- Bring to the boil, then reduce heat to medium-low and cover with a lid. Cook, stirring occasionally, until pasta is 'al dente', **12-15 minutes**.
- Add **Worcestershire sauce** and stir to combine.

2



Cook the lamb

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **lamb mince** and **soffritto mix**, breaking up with a spoon, until just browned, **5-7 minutes**.
- Add **garlic & herb seasoning** and **tomato paste** and cook until fragrant, **1-2 minutes**.

Custom Recipe: If you've swapped lamb mince for beef mince, cook the beef mince in the same way as above. Drain the oil from the pan before adding the aromatics.

4



Serve up

- Divide one-pan garlic and lamb penne between bowls.
- Top with **grated Parmesan cheese** to serve. Enjoy!

Rate your recipe

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