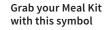


NEW











**Button Mushrooms** 





Soffritto Mix

Garlic & Herb Seasoning





Tomato Paste





Vegetable Stock Worcestershire Sauce

**Grated Parmesan** Cheese



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! **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*	21/4 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

<sup>\*</sup>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)	<b>707kJ</b> (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.





#### 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.



# Bring it all together

- Add penne, vegetable stock powder, mushrooms, the boiling water (21/4 cups for 2 people / 41/2 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.



#### 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.



# Serve up

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