



One-Pot Mushroom & Red Wine Jus Penne

with Parmesan & Parsley

NEW

Grab your Meal Kit with this symbol



Portabello Mushrooms



Capsicum



Herb & Mushroom Seasoning



Garlic Paste



Chopped Tomatoes



Chicken-Style Stock Powder



Red Wine Jus



Penne



Grated Parmesan Cheese



Parsley



Chicken Breast

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: 15-25 mins
Ready in: 35-45 mins



Calorie Smart[^]
[^]Custom Recipe is not Calorie Smart



Eat Me Early*
*Custom Recipe only

Mushrooms in a comforting tomato sauce, sounds like it needs a warm bowl of penne pasta. The combination will leave you feeling like all your pasta dreams have come true.

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

Pantry items

Olive Oil, Butter, Brown Sugar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
portabello mushrooms	1 packet	1 packet
capsicum	1	2
butter*	30g	60g
herb & mushroom seasoning	1 sachet	2 sachets
garlic paste	1 medium packet	1 large packet
chopped tomatoes	1 tin	2 tins
chicken-style stock powder	1 medium sachet	1 large sachet
red wine jus	1 medium packet	1 large packet
penne	1 packet	2 packets
boiling water*	1½ cups	3 cups
brown sugar*	1 tsp	2 tsp
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag
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)	2598kJ (621Cal)	461kJ (110Cal)
Protein (g)	22.2g	3.9g
Fat, total (g)	18.3g	3.3g
- saturated (g)	11.2g	2g
Carbohydrate (g)	83g	14.7g
- sugars (g)	17g	3g
Sodium (mg)	1532mg	272mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3343kJ (799Cal)	462kJ (110Cal)
Protein (g)	55.3g	7.6g
Fat, total (g)	23.5g	3.3g
- saturated (g)	12.8g	1.8g
Carbohydrate (g)	83.8g	11.6g
- sugars (g)	17.1g	2.4g
Sodium (mg)	1631mg	226mg

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 veggies

- Boil the kettle. Thinly slice **portabello mushrooms**. Thinly slice **capsicum**.
- In a large saucepan, heat half the **butter** and a drizzle of **olive oil** over medium-high heat.
- Cook **mushrooms** and **capsicum** until browned and softened, **5-7 minutes**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks. Cook chicken with mushrooms and capsicum, until browned and cooked through, 5-7 minutes.

3



Add the sauce & pasta

- Add **chopped tomatoes**, **chicken-style stock powder**, **red wine jus**, **penne** and the **boiling water** (1½ cups for 2 people / 3 cups for 4 people) and bring to the boil.
- Reduce heat to medium and simmer, stirring occasionally, until penne is 'al dente', **14-16 minutes**.
- Remove pan from heat, stir in the **brown sugar** and remaining **butter**. Season to taste.

TIP: Add a splash more water if the sauce looks too thick.

2



Add the aromatics

- Add **herb & mushroom seasoning** and **garlic paste** and cook until fragrant, **1 minute**.

4



Serve up

- Divide one-pot mushroom and red wine jus penne between bowls.
- Sprinkle with **grated Parmesan cheese** and tear over **parsley** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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