



# Mushroom, Parsley & Leek Fettuccine

with Chilli & Garlic Pangrattato

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Portabello Mushrooms



Leek



Parsley



Pear



Panko Breadcrumbs



Fettuccine



Garlic & Herb Seasoning



Plant-Based Cream



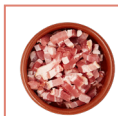
Vegetable Stock Powder



Mixed Salad Leaves



Chilli Flakes (Optional)



Diced Bacon

Prep in: 20-30 mins  
Ready in: 30-40 mins



Plant Based\*

\*Custom Recipe is not Plant Based

It's that time of the week again, pasta night and we're here to twist things around. Herbs and mushrooms are a must in any pasta dish, add leek and parsley, then garnish with a pangrattato for something a bit different and definitely delicious.

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

### Pantry items

Olive Oil, Plant-Based Butter, 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

Large frying pan · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
portabello mushrooms	1 packet	2 packets
leek	1	2
parsley	1 bag	1 bag
pear	½	1
panko breadcrumbs	½ medium packet	1 medium packet
fettuccine	1 packet	2 packets
<b>plant-based butter*</b>	20g	40g
garlic & herb seasoning	1 medium sachet	1 large sachet
plant-based cream	½ medium packet	1 medium packet
vegetable stock powder	1 large sachet	2 large sachets
mixed salad leaves	1 small bag	1 medium bag
<b>balsamic vinegar*</b>	drizzle	drizzle
chilli flakes (optional)	pinch	pinch
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2971kJ (710Cal)	565kJ (135Cal)
Protein (g)	20.1g	3.8g
Fat, total (g)	24.8g	4.7g
- saturated (g)	7.7g	1.5g
Carbohydrate (g)	92.8g	17.7g
- sugars (g)	15.2g	2.9g
Sodium (mg)	1435mg	273mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3556kJ (850Cal)	618kJ (148Cal)
Protein (g)	28.1g	4.9g
Fat, total (g)	36.9g	6.4g
- saturated (g)	12.2g	2.1g
Carbohydrate (g)	92.8g	16.1g
- sugars (g)	15.2g	2.6g
Sodium (mg)	1834mg	319mg

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](https://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 | CW49



## Get prepped

- Boil the kettle.
- Finely chop **garlic**. Thinly slice **portabello mushrooms** and **leek**. Finely chop **parsley**. Thinly slice **pear** (see ingredients).



## Make the sauce

- Meanwhile, return the frying pan to medium-high heat with the **plant-based butter** and a drizzle of **olive oil**.
- Cook **mushrooms** and **leek**, stirring, until tender, **4-6 minutes**.
- Ad **parsley, garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**.

**Custom Recipe:** If you've added diced bacon, cook with mushrooms and leek, stirring, breaking up with a spoon, until golden, 6-7 minutes. Continue with step.



## Make the pangrattato

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **panko breadcrumbs** (see ingredients) and half the **garlic**, stirring, until golden brown, **3 minutes**.
- Transfer to a medium bowl and season to taste.



## Finish the pasta

- Reduce the heat to medium, then add **plant-based cream** (see ingredients), **vegetable stock powder** and some reserved **pasta water** (¼ cup for 2 people / ½ cup for 4 people), and simmer until thickened, **1-2 minutes**.
- Remove from heat, then stir through the cooked **fettuccine**. Season to taste.

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



## Cook the pasta

- Half-fill a large saucepan with boiling water and a pinch of **salt**. Cook **fettuccine** in the boiling water, over medium-high heat, until 'al dente', **9 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people), drain, then return **fettuccine** to the pan and add a drizzle of **olive oil** to prevent sticking.



## Serve up

- In a large bowl, combine **mixed salad leaves**, pear and a drizzle of **balsamic vinegar** and olive oil. Season to taste.
- Divide creamy mushroom, parsley and leek fettuccine between bowls.
- Top with garlic pangrattato and a pinch of **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)