



Plant-Based Mince & Mushroom Fusilli

with Parsley

ALTERNATIVE PROTEIN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Button Mushrooms



Carrot



Garlic



Fusilli



Plant-Based Mince



Tomato Paste



Aussie Spice Blend



Vegetable Stock Powder



Parsley



Beef Mince

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



Plant Based*

*Custom Recipe is not Plant Based

It's our favourite night again, pasta night! Twirly fusilli is the perfect shape to capture saucy veggie mince and tender veggies, making every a bite a balancing act of savoury flavours.

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

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 |
| button mushrooms | 1 medium packet | 1 large packet |
| carrot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| fusilli | 1 small packet | 2 small packets |
| plant-based mince | 1 packet | 2 packets |
| tomato paste | 1 packet | 2 packets |
| Aussie spice blend | 1 medium sachet | 1 large sachet |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| brown sugar* | 1 tsp | 2 tsp |
| parsley | 1 packet | 1 packet |
| beef mince** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2887kJ (690Cal) | 708kJ (169Cal) |
| Protein (g) | 35.2g | 8.6g |
| Fat, total (g) | 21.6g | 5.3g |
| - saturated (g) | 2.8g | 0.7g |
| Carbohydrate (g) | 82.5g | 20.2g |
| - sugars (g) | 10.4g | 2.6g |
| Sodium (mg) | 1912mg | 469mg |
| Dietary Fibre (g) | 15.4g | 3.8g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3079kJ (736Cal) | 712kJ (170Cal) |
| Protein (g) | 43.8g | 10.1g |
| Fat, total (g) | 25.7g | 5.9g |
| - saturated (g) | 9.3g | 2.2g |
| Carbohydrate (g) | 75.7g | 17.5g |
| - sugars (g) | 9.2g | 2.1g |
| Sodium (mg) | 1217mg | 281mg |
| Dietary fibre | 9.8g | 2.3g |

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



2024 | CW22



Get prepped

- Boil the kettle.
- Thinly slice **button mushrooms**. Finely chop **carrot** and **garlic**.



Cook the mince

- Add **plant-based mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**.

Custom Recipe: If you've swapped to beef mince, follow instructions as above.



Boil the fusilli

- Half-fill a large saucepan with boiling water and a generous pinch of **salt**.
- Cook **fusilli** in the boiling water, over high heat, until 'al dente', **12 minutes**.
- Reserve **pasta water** (¾ cup for 2 people / 1½ cups for 4 people). Drain **fusilli**, then return to saucepan.



Make it saucy

- Reduce heat to medium, add **garlic**, **tomato paste** and **Aussie spice blend**, and cook until fragrant, **1 minute**.
- Add **vegetable stock powder**, the **brown sugar** and the reserved **pasta water** and simmer, until slightly reduced, **1-2 minutes**.
- Remove pan from heat, add **fusilli** and stir to combine. Season with **pepper**.



Cook the veggies

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Add **carrot** and **mushrooms**, and cook until browned and softened, **8-10 minutes**.



Serve up

- Divide plant-based mince and mushroom fusilli between bowls.
- Tear over **parsley** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate