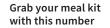


Plant-Based Mince & Mushroom Fusilli

with Parsley

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Button Mushrooms





Garlic

Fusilli



Plant-Based

Tomato Paste





Classic Roast Seasoning

Vegetable Stock Powder



Parsley







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

Plant Based



Protein Rich

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.

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9			
	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 medium packet	2 medium packets	
plant-based mince	1 packet	2 packets	
tomato paste	1 packet	2 packets	
classic roast seasoning	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	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2890kJ (690Cal)	709kJ (169Cal)
Protein (g)	35.2g	8.6g
Fat, total (g)	21.4g	5.3g
- saturated (g)	2.5g	0.6g
Carbohydrate (g)	83.2g	20.4g
- sugars (g)	10.7g	2.6g
Sodium (mg)	1755mg	431mg
Dietary Fibre (g)	15.4g	3.8g

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.



Get prepped

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



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 (3/4 cup for 2 people / 1½ cups for 4 people). Drain **fusilli**, then return to the saucepan.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Cook the veggies

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



Cook the mince

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



Make it saucy

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



Serve up

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





