



# Plant-Based Mince & Mushroom Fusilli

with Parsley

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Button Mushrooms



Carrot



Garlic



Fusilli



Plant-Based Mince



Tomato Paste



Classic Roast Seasoning



Vegetable Stock Powder



Parsley



Beef Mince



Grated Parmesan Cheese

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

Protein Rich

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.

### 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

	2 People	4 People
<b>olive oil*</b>	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
<b>brown sugar*</b>	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](https://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** (¾ 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



### CUSTOM OPTIONS



#### SWAP TO BEEF MINCE

Follow method above, increasing cooking time to 4-5 minutes.



#### ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

