



# Creamy Mushroom & Rosemary Linguine

with Rocket & Tomato Salad

Grab your Meal Kit with this symbol



Tomato



Red Onion



Garlic



Rosemary



Portabello Mushrooms



Linguine



Longlife Cream



Vegetable Stock Powder



Grated Parmesan Cheese



Rocket Leaves



Grated Parmesan Cheese

Hands-on: 20-30 mins  
Ready in: 35-45 mins

This linguine dish pairs the earthy flavour of mushroom and rosemary with an easy creamy sauce. The side salad balances the richness of the pasta with peppery rocket and fresh tomato.



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

### Pantry items

Olive Oil, Butter, Balsamic Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
portabello mushrooms	1 packet	1 packet
linguine	1 medium packet	1 large packet
butter*	30g	60g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 large sachet	2 large sachets
pepper*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3412kJ (815Cal)	821kJ (196Cal)
Protein (g)	22.1g	5.3g
Fat, total (g)	45.6g	11g
- saturated (g)	26.9g	6.5g
Carbohydrate (g)	74.9g	18g
- sugars (g)	9.6g	2.3g
Sodium (mg)	1039mg	250mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3648kJ (872Cal)	848kJ (203Cal)
Protein (g)	27.1g	6.3g
Fat, total (g)	49.6g	11.5g
- saturated (g)	29.5g	6.9g
Carbohydrate (g)	74.9g	17.4g
- sugars (g)	9.6g	2.2g
Sodium (mg)	1145mg	266mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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## Get prepped

Bring a large saucepan of salted water to the boil. Roughly chop the **tomato**. Finely chop the **red onion** and **garlic**. Pick and roughly chop the **rosemary** leaves. Thinly slice the **portabello mushrooms**.



## Make it creamy

Reduce the heat to low, then add the **longlife cream** (see ingredients), **vegetable stock powder** and reserved **pasta water**. Stir to combine and simmer until slightly thickened, **2-3 minutes**.



## Cook the linguine

Cook the **linguine** in the boiling water until 'al dente', **9 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return the **linguine** to the saucepan. Drizzle with **olive oil** to prevent sticking.

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



## Bring it all together

Remove the frying pan from the heat, then add the **linguine**, the **pepper** and 1/2 the **grated Parmesan cheese**. Gently toss to combine and season to taste. Set aside. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**, then season with **salt** and **pepper**. Add the **rocket leaves** and **tomato**. Toss to coat.

**TIP:** Seasoning is key in this dish, so add more salt depending on taste.

**TIP:** Add less pepper to the pasta if you're not a fan!

### CUSTOM RECIPE

If you've doubled your grated Parmesan cheese, add 1/2 the Parmesan to the pasta.



## Cook the mushrooms

While the pasta is cooking, heat a large frying pan over a medium-high heat with the **butter** and a drizzle of **olive oil**. Cook the **mushrooms**, **onion** and **rosemary**, stirring, until tender, **4-5 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**.



## Serve up

Divide the creamy mushroom and rosemary linguine between bowls. Top with the remaining Parmesan cheese. Serve with the rocket and tomato salad.

### CUSTOM RECIPE

Top with the remaining Parmesan cheese to serve.

Enjoy!