



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



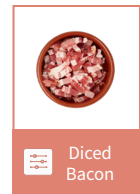
Vegetable Stock Powder



Grated Parmesan Cheese



Rocket Leaves



Diced Bacon

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 packet	1 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)
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3422kJ (818Cal)	824kJ (197Cal)
Protein (g)	22.3g	5.4g
Fat, total (g)	45.7g	11g
- saturated (g)	26.9g	6.5g
Carbohydrate (g)	75.4g	18.2g
- sugars (g)	10.1g	2.4g
Sodium (mg)	1039mg	250mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4007kJ (958Cal)	861kJ (206Cal)
Protein (g)	30.3g	6.5g
Fat, total (g)	57.8g	12.4g
- saturated (g)	31.3g	6.7g
Carbohydrate (g)	75.4g	16.2g
- sugars (g)	10.1g	2.2g
Sodium (mg)	1438mg	309mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Bring a large saucepan of salted water to the boil. Finely 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

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



Cook the pasta

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 cooked **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!



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**.

CUSTOM RECIPE

If you've added diced bacon to your meal, cook the bacon along with the mushrooms, breaking up with a spoon, until browned, 6-7 minutes. Continue with step.



Serve up

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

Enjoy!