



Creamy Mushroom & Herb Linguine

with Leafy Tomato Salad

Grab your Meal Kit with this symbol



Tomato



Onion



Garlic



Herbs



Mushrooms



Linguine



Longlife Cream



Vegetable Stock Powder



Grated Parmesan Cheese



Salad Leaves



Grated Parmesan Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

This linguine dish pairs the earthy flavour of mushroom and herbs with an easy creamy sauce. The side salad balances the richness of the pasta with 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
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
herbs	2 sticks	4 sticks
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
salad leaves	1 small bag	1 medium bag
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

*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)	3658kJ (874Cal)	850kJ (203Cal)
Protein (g)	27.3g	6.3g
Fat, total (g)	49.6g	11.5g
- saturated (g)	29.5g	6.9g
Carbohydrate (g)	75.4g	17.5g
- sugars (g)	10.1g	2.3g
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 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. Roughly chop **tomato**. Finely chop **onion** and **garlic**. Pick and roughly chop **herbs**. Thinly slice the **mushrooms**.



Make it creamy

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



Cook the mushrooms

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



Serve up

Divide creamy mushroom and herb linguine between bowls. Top with remaining Parmesan cheese. Serve with leafy tomato salad.

CUSTOM RECIPE

Top with remaining Parmesan cheese to serve.

Enjoy!