



# Creamy Mushroom Spaghetti

with Pear Salad & Grated Parmesan

Grab your Meal Kit with this symbol



Pear



Onion



Garlic



Herbs



Portobello Mushrooms



Spaghetti



Cream



Vegetable Stock Powder



Salad Leaves



Grated Parmesan Cheese



Diced Bacon

 **Recipe Update**  
The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins  
Ready in: 35-45 mins

This spaghetti dish pairs the earthy flavour of mushroom and herbs with an easy creamy sauce. The side salad balances the richness of the pasta with crisp pear.

**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
<b>olive oil*</b>	refer to method	refer to method
pear	½	1
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
herbs	2 sticks	4 sticks
portabello mushrooms	1 packet	1 packet
spaghetti	1 packet	1 packet
<b>butter*</b>	30g	60g
cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 large sachet	2 large sachets
<b>pepper*</b>	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
<b>balsamic vinegar*</b>	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3455kJ (826Cal)	885kJ (212Cal)
Protein (g)	22.1g	5.7g
Fat, total (g)	45.7g	11.7g
- saturated (g)	26.9g	6.9g
Carbohydrate (g)	77.7g	19.9g
- sugars (g)	10.9g	2.8g
Sodium (mg)	1037mg	266mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4040kJ (966Cal)	917kJ (219Cal)
Protein (g)	30g	6.8g
Fat, total (g)	57.8g	13.1g
- saturated (g)	31.3g	7.1g
Carbohydrate (g)	77.7g	17.6g
- sugars (g)	10.9g	2.5g
Sodium (mg)	1436mg	326mg

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.

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW33



## Get prepped

- Bring a large saucepan of salted water to the boil.
- Slice **pear** (see ingredients) into thin wedges. Finely chop **onion** and **garlic**. Pick and roughly chop **herb** leaves. Thinly slice **portabello mushrooms**.



## Make it creamy

- Add **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 **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return **spaghetti** 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 **spaghetti**, 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 **salad leaves** and **pear**. Toss to coat.

**TIP:** Seasoning is key in this dish, so add more salt depending on taste. Add less pepper to the pasta if you're not a fan!



## Cook the mushrooms

- Meanwhile, 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**.

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



## Serve up

- Divide creamy mushroom spaghetti between bowls. Top with remaining Parmesan cheese.
- Serve with pear salad. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)