



Creamy Mushroom & Rosemary Fettuccine

with Cucumber Salad & Parmesan

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Onion



Garlic



Rosemary



Portabello Mushrooms



Fettuccine



Vegetable Stock Powder



Rocket Leaves



Plant-Based Cream



Grated Parmesan Cheese

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

Meaty field mushrooms work a treat with aromatic rosemary and a silky, Parmesan-spiked sauce in this crowd-pleasing pasta dish. Serve with a sweet and peppery salad to cut the richness and meet your new go-to vegetarian dish.

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
cucumber	1 (medium)	1 (large)
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
portabello mushrooms	1 packet	1 packet
fettuccine	1 packet	1 packet
butter*	30g	60g
plant-based cream	½ packet (125ml)	1 packet (250ml)
vegetable stock powder	1 large sachet	2 large sachets
grated Parmesan cheese	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2888kJ (690Cal)	657kJ (157Cal)
Protein (g)	20.9g	4.8g
Fat, total (g)	32.5g	7.4g
- saturated (g)	13.1g	3g
Carbohydrate (g)	73.3g	16.7g
- sugars (g)	7.5g	1.7g
Sodium (mg)	1091mg	248mg

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.



Get prepped

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



Make it creamy

- Add **plant-based 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 **fettuccine** 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 **fettuccine** 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 **fettuccine** and 1/2 the **grated Parmesan cheese**. Gently toss to combine and season with **salt** and **pepper** to taste. Set aside.
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**, then season. Add **rocket leaves** and **cucumber**. Toss to coat.

TIP: Seasoning is key in this pasta, 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 **rosemary**, stirring, until tender, **4-5 minutes**.
- Add **garlic** and cook, stirring, until fragrant, **1 minute**.



Serve up

- Divide creamy mushroom and rosemary fettuccine between bowls. Sprinkle with remaining Parmesan cheese.
- Serve with cucumber salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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