

# Creamy Mushroom & Truffle Fettuccine with Rocket-Tomato Salad & Parmesan

Grab your Meal Kit with this symbol









**Button Mushrooms** 







Leek

Tomato







Fettuccine

Longlife Cream



Vegetable Stock



Powder



Truffle Oil



**Grated Parmesan** Cheese



**Pantry items** 

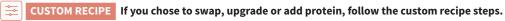
Olive Oil, Butter, Balsamic Vinegar, Honey



Hands-on: 20-30 mins Ready in: 25-35 mins

Eat Me Early \*Custom Recipe Only

This fettuccine dish pairs the earthy flavour of mushroom and truffle with an easy creamy sauce. The side salad balances the richness of the pasta with peppery rocket and sharp Parmesan.



## 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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$ 

## Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
button mushrooms	1 packet	1 packet		
garlic	2 cloves	4 cloves		
tomato	1	2		
leek	1	2		
fettuccine	1 packet	2 packets		
butter*	20g	40g		
longlife cream	½ bottle (125ml)	1 bottle (250ml)		
vegetable stock powder	1 medium sachet	1 large sachet		
balsamic vinegar*	½ tbs	1 tbs		
honey*	½ tsp	1 tsp		
rocket leaves	1 bag (30g)	1 bag (60g)		
truffle oil	½ bottle	1 bottle		
grated Parmesan cheese	1 packet (30g)	1 packet (60g)		
chicken breast**	1 packet	1 packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3611kJ (863Cal)	940kJ (225Cal)
Protein (g)	21.2g	5.5g
Fat, total (g)	53.6g	14g
- saturated (g)	25.9g	6.7g
Carbohydrate (g)	70.3g	18.3g
- sugars (g)	8.1g	2.1g
Sodium (mg)	636mg	166mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4371kJ (1045Cal)	803kJ (192Cal)
Protein (g)	53.7g	9.9g
Fat, total (g)	59.3g	10.9g
- saturated (g)	27.6g	5.1g
Carbohydrate (g)	70.3g	12.9g
- sugars (g)	8.1g	1.5g
Sodium (mg)	734mg	135mg

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 medium saucepan of salted water to the boil. Thinly slice the **button mushrooms**. Finely chop the **garlic**. Roughly chop the **tomato**. Thinly slice the white and light green parts of the **leek**.

#### **CUSTOM RECIPE**

If you've added chicken breast to your meal, cut the chicken into 2cm chunks.



### Cook the fettuccine

Cook the **fettuccine** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water**, then drain and return the **fettuccine** to the saucepan. Drizzle with **olive oil** to prevent sticking.



#### Cook the mushrooms

While the fettuccine is cooking, heat a large frying pan over a high heat with the **butter** and a drizzle of **olive oil**. Cook the **mushrooms** and **leek**, stirring occasionally, until browned, **5-6 minutes**. Add the **garlic** and **cook** until fragrant, **1 minute**.

**TIP:** Properly cooking the mushrooms will allow the flavour to develop.

#### **CUSTOM RECIPE**

Add the chicken with the mushrooms and cook, tossing occasionally, until browned, 6-7 minutes. Continue with step.



## Make the sauce

Reduce the heat to medium, then add the longlife cream (see ingredients) and vegetable stock powder and stir to combine. Simmer until thickened, 2-3 minutes. Add the fettuccine and a splash of the reserved pasta water. Remove the pan from the heat, then add a splash more pasta water if needed.



## Make the salad

In a medium bowl, add the **balsamic vinegar**, **honey** and a drizzle of **olive oil**. Season with **salt** and **pepper** and mix well. Add the **tomato** and **rocket leaves** and toss to coat.



## Serve up

Divide the creamy mushroom fettuccine between bowls. Drizzle the **truffle oil** over the pasta and sprinkle with the **grated Parmesan cheese**. Serve with the rocket and tomato salad.

**TIP:** Truffle oil has a strong flavour, use less if desired.

Enjoy!