



# Speedy Mushroom Rigatoni

with peas, pesto sauce and parsley

Family Veggie 20 – 25 mins

9



Grated Italian Style Hard Cheese



Dried Rigatoni



Onion



Mushrooms



Green Pesto



Parsley



Creme Fraiche



Peas



Vegetable Stock



Garlic



Italian Herbs

Pantry Items: Oil, Salt, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander

## Ingredients

	2P	4P
Grated Italian Style Hard Cheese	1 unit	2 units
Dried Rigatoni	180 g	360 g
Onion	1 unit	2 units
Mushrooms	250 g	500 g
Green Pesto	1 sachet	2 sachets
Parsley	5 g	10 g
Crema Fraiche	110 g	220 g
Peas	120 g	240 g
Vegetable Stock	1 sachet	2 sachets
Garlic	2 units	4 units
Italian Herbs	½ sachet	1 sachet

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>433.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3002 kJ/ 718 kcal	693 kJ/ 166 kcal
Fat (g)	29.9 g	6.9 g
Sat. Fat (g)	12 g	2.8 g
Carbohydrate (g)	86.8 g	20 g
Sugars (g)	12.7 g	2.9 g
Protein (g)	26.8 g	6.2 g
Salt (g)	1.9 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.  
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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### Cook the Rigatoni

- Boil a pot of **salted water** for the **rigatoni**.
- When boiling, add the **pasta** and cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.
- Peel and grate the **garlic** (or use a garlic press).

**TIP:** *If you're in a hurry you can boil the water in your kettle.*



### Divide and Serve

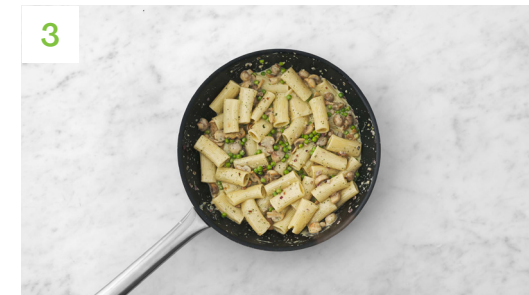
- Divide the creamy **mushroom pasta** between bowls.
- Garnish with **cheese** and chopped **parsley**.

## Enjoy!



### Make the Sauce

- Meanwhile, place a pan over medium heat with a drizzle of **oil**.
- Halve, peel and chop the **onion** into small pieces. Clean the **mushrooms** with kitchen paper and roughly chop.
- When the **oil** is hot, fry the **onion** until slightly softened, 1-2 mins.
- Add the **mushrooms** and cook until softened, stirring occasionally, 5-7 mins.
- Add **half** the **Italian herbs** (double for 4p), **garlic**, **stock**, **pesto** and **crema fraiche** and cook until slightly thickened, 2-3 mins.



### Coat the Pasta

- Roughly chop the **parsley**, stalks and all.
- Add the drained **pasta** and **peas** to the pan.
- Stir until fully coated and warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**. Loosen the sauce with a splash of **water** if you feel it's too thick.