

# Creamy Mushroom Carbonara

## with Green Salad

hellóchef

Enjoy this veggie carbonara which uses mushrooms instead of pancetta!

Cals 1049 • Prot 47 • Carbs 127 • Fat 33

**Chef's Choice** • **Vegetarian**

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🕒 cook: 30 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pasta	2 ppl	3 ppl	4 ppl	
Garlic cloves	1	2	2	Pieces
Chestnut mushrooms	250	250	500	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Water	100	150	200	ML
Spaghetti 10*	250	375	500	Grams
Organic Eggs 5*	2	3	4	Pieces
Grana padano 4*, 5*	60	60	120	Grams
Black pepper	0.5	1	1	Tsp
Cooking cream 4*	200	200	200	ML
Fresh parsley	15	15	15	Grams
Salad				
Rocket	80	125	160	Grams
Cherry tomatoes	150	250	300	Grams
Sun dried tomatoes	60	90	120	Grams
Olive oil	1	1	2	Tbsp
Wholegrain mustard 13*	15	22	30	Grams
Honey	20	20	20	Grams
White balsamic vinegar 14*	15	22	30	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp

Allergens

\*10 Wheat, \*5 Eggs, \*4 Milk, \*13 Mustard, \*14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4337 / 1049
Fat (g)	33.2
of which saturates (g)	24.4
Carbohydrate (g)	127
of which sugars (g)	23.1
Fiber (g)	13.4
Protein (g)	47.4
Salt (g)	2

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Brown mushrooms

Peel and mince the **garlic**. Clean the **mushrooms** and chop them into small pieces. Heat a pan over a medium-high heat with a drizzle of **oil**. Add the **mushrooms** with a pinch of **salt** and leave untouched for 5 min to brown. After 5 min, stir and cook for 2 min further. Add the **garlic** and fry for a final 1 min. Remove the pan from heat and set aside.



2 Cook pasta

Meanwhile, bring a large pot of water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and reserve a cup of **pasta water**.



3 Make sauce

Meanwhile, whisk the **eggs, cream** and **Grana padano** until smooth. Season very generously with **black pepper** and **salt**. Set aside.



4 Make salad

Wash the **rocket**. Halve the **cherry tomatoes**. Slice the **sun-dried tomatoes**. Whisk together the **olive oil, mustard, honey** and **balsamic vinegar**. Season with **salt** and **pepper**. Set aside - this is your **dressing**. Toss the **rocket, cherry tomatoes** and **sun-dried tomatoes** in the **dressing**.



5 Finish pasta

Return the drained **spaghetti** to the reserved pan with the **mushrooms**, off the heat. Add a splash of **pasta cooking water** and the **egg-cream** mixture to the pan. Mix well until the sauce coats the **spaghetti**.



6 Serve

Divide the **pasta** among plates. Garnish with the **fresh parsley** leaves and a grind of **black pepper**. Serve the salad alongside.