

Truffle and Mushroom Linguine

with Rocket Salad

hellóchef

This creamy pasta dish is as easy to eat as it is to make...yuum!

Cals 962 • Prot 36 • Carbs 112 • Fat 43

Vegetarian

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 35 min

R3306



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	
Parmesan 4*	60	90	120	Grams
Garlic cloves	1	2	2	Piece
Chestnut mushrooms	250	250	500	Grams
Fresh parsley	15	15	15	Grams
Linguine 10*, 11*	250	375	500	Grams
Olive oil	1	1	2	Tbsp
Mushroom stock cube	1	1	2	Piece
Water	100	200	200	ML
Cooking cream 4*	200	200	400	ML
Baby spinach	40	60	90	Grams
Truffle oil	15	22	30	ML
Salad				
Olive oil	2	3	4	Tbsp
Balsamic vinegar 14*	15	22	30	ML
Dijon mustard 13*	6	9	12	Grams
Honey	15	15	30	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Rocket	80	80	125	Grams

Allergens

*4 Milk, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *13 Mustard

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)	4004 / 962
Fat (g)	42.7
of which saturates (g)	22.8
Carbohydrate (g)	112
of which sugars (g)	13.2
Fiber (g)	8.8
Protein (g)	35.5
Salt (g)	1.5

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



1 Prep

Grate the **Parmesan**. Peel and mince the **garlic**. Roughly chop or tear the **mushrooms**. Chop the **parsley** leaves.



2 Cook pasta

Bring a large pot of salted **water** to the boil. Once boiling, add the **linguine** and cook for 10 min until 'al dente' or cooked to your liking. Drain and reserve a cup of **pasta water**.

Tip! Adding starchy pasta water to the sauce helps it stick to the linguine.



3 Fry mushrooms

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** and fry for 6-7 min or until softened.



4 Make sauce

Once softened, add the **garlic** to the **mushrooms** and fry for 1 min. Add the crumbled **stock cube**, measured **water** and **cooking cream** and cook for 3 min further.



5 Mix

Meanwhile, in a large salad bowl, whisk the **olive oil**, **balsamic vinegar**, **Dijon mustard** and **honey** with the **salt** and **pepper**. Add the **rocket** and toss in the **dressing**. Set aside.



6 Serve

Once the **pasta** is cooked, add it to the **mushroom sauce** along with 50/75/100ml of **pasta water**, the **spinach** and the **Parmesan**. Cook for 1 min further until the **spinach** has wilted. Drizzle with the **truffle oil** and season with **black pepper**. Divide the **pasta** among bowls and garnish with the **parsley**. Serve the **salad** alongside.

Tip! If truffle oil is not to your taste, leave it out!