



More than Food

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## Swiss Chard & Wild Mushroom Penne

with Chili and Parmesan

Garlicky wild mushrooms and Swiss chard are front and center in this creamy pasta. We've spiced it up with a touch of paprika and a dash of chili flakes. A sprinkling of Parmesan finishes the dish off right.



Penne



Swiss Chard



Mixed Wild Mushrooms



Garlic



Yellow Onion



Sour Cream



Parmesan Cheese




Chili Flakes



Paprika

## Ingredients

		2 People	4 People
Penne	1)	6 oz	12 oz
Swiss Chard		8 oz	16 oz
Mixed Wild Mushrooms		4 oz	8 oz
Garlic		2 cloves	4 cloves
Yellow Onion		1	2
Sour Cream	2)	4 oz	8 oz
Parmesan Cheese	2)	¼ C	½ C
Chili Flakes 		1 t	1 t
Paprika		1 t	2 t
Olive Oil*		1 T	2 T

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Large Pot, Large Pan,  
Strainer

Ruler

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**Nutrition per person** Calories: 632 cal | Fat: 23 g | Sat. Fat: 10 g | Protein: 21 g | Carbs: 85 g | Sugar: 10 g | Sodium: 521 mg | Fiber: 8 g

*Make sure to wash and dry produce before prepping or cooking!*



**1 Prep the ingredients:** Bring a large pot of water with a large pinch of **salt** to a boil. Halve, peel, and thinly slice the **onion**. Remove and thinly slice the **Swiss chard stems**; thinly slice the **leaves**. Mince or grate the **garlic**. Slice the **mushrooms**.



**2 Blanch the Swiss chard:** Add the **Swiss chard stems** to the boiling water and cook for 2 minutes, until tender. Add the **Swiss chard leaves** and cook for another 1 minute, until wilted. Remove with a slotted spoon and set aside. Leave the water boiling on the stove—we'll be using it later!



**3 Cook the onions:** Heat a large drizzle of **olive oil** in a large pan over medium heat. Add the **onion** and cook, tossing, for 5-6 minutes, until softened. Season with **salt** and **pepper**.



**4 Cook the penne:** While the **onions** cook, add the **penne** to the boiling water and cook for 9-10 minutes, until al dente. Reserve **¼ cup pasta water**, then drain.



**5 Cook the mushrooms:** Add the **mushrooms** and another drizzle of **olive oil** to the pan with the **onions** and cook, tossing, for about 5 minutes, until golden brown. Season with **salt** and **pepper**. Add the **garlic**, **paprika**, and as many **chili flakes** as you like (start with a little and go up from there!).

**6 Make the sauce:** Add the **sour cream** and **¼ cup pasta water** to the pan. Stir to combine and cook for 2-3 minutes, until slightly thickened.

**7 Finish and plate:** Add the **drained penne**, **Swiss chard**, and **half the Parmesan** to the pan and toss to combine. Season with **salt** and **pepper**. Serve the **penne** with the **remaining Parmesan**, and enjoy!