



# VEGAN MUSHROOM SPAGHETTI AGLIO E OLIO

with Blistered Tomatoes, Garlic Bread & Balsamic Dipper

## INGREDIENTS

2 PERSON | 4 PERSON



3 Cloves | 6 Cloves  
Garlic



8 oz | 16 oz  
Button Mushrooms



2 | 4  
Shallots



¼ oz | ½ oz  
Parsley



6 oz | 12 oz  
Spaghetti  
Contains: Wheat



4 oz | 8 oz  
Grape Tomatoes



1 TBSP | 1 TBSP  
Italian Seasoning



1 tsp | 1 tsp  
Chili Flakes



1 | 2  
Ciabatta  
Contains: Soy, Wheat



5 tsp | 10 tsp  
Balsamic Vinegar



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THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Shrimp  
Contains: Shellfish  
Calories: 890



10 oz | 20 oz  
Chopped Chicken Breast  
Calories: 940



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 740





HELLO





## AGLIO E OLIO

This simple, beloved Neapolitan pasta preparation (meaning “garlic and oil”) is naturally vegan!

### SEA-SONING

When salting your pasta water, don't be shy—add a few big pinches until it tastes almost as salty as the sea!

### BUST OUT

- Large pot
- Strainer
- Small bowl
- Large pan
- Paper towels  
- Kosher salt
- Black pepper
- Olive oil (7 tsp | 13 tsp)
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)  



### 1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. (TIP: **Cover the pot to help the water boil more quickly.**) **Wash and dry produce.**
- Peel and mince or grate **garlic**. Thinly slice **mushrooms** (skip if your mushrooms are pre-sliced!). Halve, peel, and thinly slice **shallots**. Roughly chop **parsley**.



### 2 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water**, then drain.




### 3 MAKE GARLIC OIL

- While pasta cooks, in a small bowl, combine **one-third of the garlic** and **2 TBSP olive oil** (4 TBSP for 4 servings). Season with **salt** and **pepper** to taste.



### 4 BLISTER TOMATOES

- Heat a **drizzle of oil** in a large pan over high heat. Add **tomatoes**; cook, stirring occasionally, until blistered, 2-3 minutes. Season with **salt** and **pepper**. Turn off heat; transfer to a plate. Wipe out pan.

-  Rinse **shrimp\*** under cold water; pat shrimp or **chicken\*** dry with paper towels. Season with **salt** and **pepper**. Heat a **drizzle of oil** in pan used for tomatoes over medium-high heat. Add shrimp or chicken; cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a separate plate. Wipe out pan.



### 5 COOK VEGGIES

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **mushrooms** and **half the Italian Seasoning** (all for 4 servings); cook, stirring occasionally, until softened, 3-5 minutes.
- Add **shallots, remaining garlic**, and as many **chili flakes** as you like; cook, stirring constantly, until garlic is fragrant and shallots are softened, 2-3 minutes. Remove pan from heat.





### 6 MAKE GARLIC BREAD & TOSS PASTA


- Halve **ciabatta** crosswise; brush with **half the garlic oil**. Toast on middle rack until lightly golden, 2-3 minutes. TIP: **Place directly on oven rack or use a baking sheet.**
- To pan with **mushrooms**, add **drained spaghetti, blistered tomatoes, half the parsley, a drizzle of olive oil**, and **½ tsp salt** (1 tsp for 4 servings). Toss to combine. (TIP: **If pasta seems dry, add reserved pasta cooking water a splash at a time.**) Taste and season with **salt** and **pepper** if desired.



### 7 FINISH & SERVE

- To bowl with **remaining garlic oil**, add **balsamic vinegar** to taste; stir to combine.
- Divide **pasta** between shallow bowls; top with **remaining parsley**. Serve with **garlic bread** and **balsamic dipper** on the side.

-  Top **pasta** with **shrimp** or **chicken**. 

 \*Shrimp are fully cooked when internal temperature reaches 145°.

 \*Chicken is fully cooked when internal temperature reaches 165°.

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