

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz Button Mushrooms



Long Green Pepper



2 | 4 6 oz | 12 oz Scallions Cavatappi Pasta



1 TBSP | 2 TBSP Flour Contains: Wheat

2 Cloves | 4 Cloves

Garlic



1 TBSP | 2 TBSP Blackening Spice



13.76 oz | 27.52 oz Crushed Tomatoes



1 | 2 Coconut Milk Contains: Tree Nuts



2 | 4 Mushroom Stock Concentrates



1 | 2 Veggie Stock Concentrate



1 tsp | 2 tsp Hot Sauce



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER 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 S Chicken Breast Strips



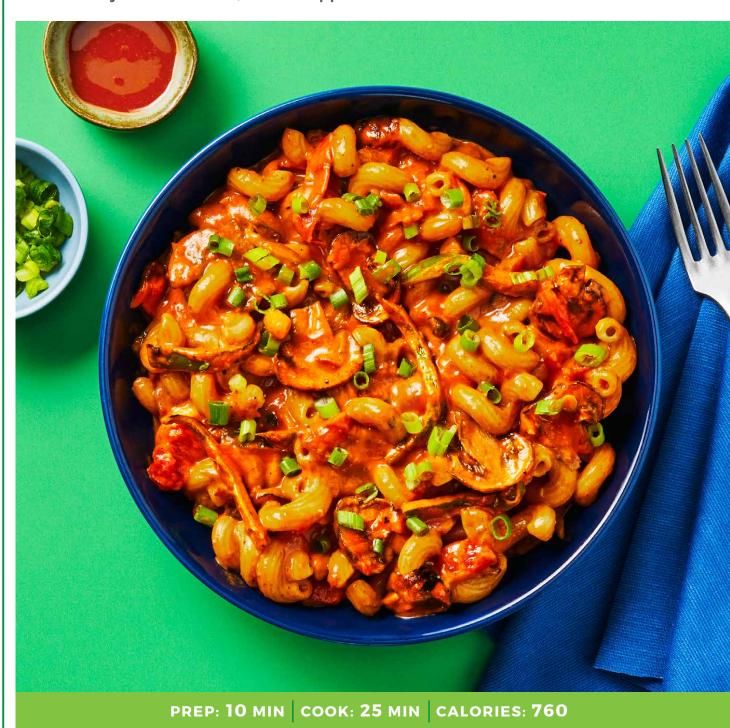
10 oz | 20 oz Ground Turkey

G Calories: 950

Calories: 990

VEGAN CAJUN-SPICED MUSHROOM CAVATAPPI

with Creamy Tomato Sauce, Green Pepper & Scallions





HELLO

COCONUT MILK

This plant-based milk is our secret weapon for creamy vegan pasta.

FLOUR POWER

In Step 3, you'll add flour to the veggie mixture to help the sauce thicken. The flour contributes a wonderful toastv flavor, but can burn quickly. Keep an eye on it, and stir often while it cooks.

BUST OUT

- · Large pot
- Large pan
- Strainer
- Paper towels 6
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp) (1 tsp | 1 tsp) 😌 🤄
- Sugar (1/2 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)

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- \$ *Chicken is fully cooked when internal temperature
- *Ground Turkey is fully cooked when internal



1 PREP

- Bring a large pot of salted water to a boil. Wash and dry produce.
- Trim and thinly slice mushrooms (skip if your mushrooms are pre-sliced!). Core and thinly slice green pepper into strips. Peel and mince or grate garlic. Trim and thinly slice scallions, separating whites from greens.



2 COOK PASTA

- Once water is boiling, add cavatappi to pot. Cook, stirring occasionally, until al dente. 9-11 minutes.
- Reserve 3/4 cup pasta cooking water (1 cup for 4 servings), then drain.
- Pat chicken* dry with paper towels. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or turkey* and season with salt and **pepper**; cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat: transfer

to a plate. Wipe out pan.



3 START SAUCE

- Heat a large drizzle of oil in a large pan over medium-high heat. Add mushrooms and green pepper; cook, stirring occasionally, until browned and tender, 5-7 minutes. Season with salt and pepper.
- Stir in garlic, scallion whites, flour, Blackening Spice, and another large drizzle of oil; cook, stirring, until fragrant. 1-2 minutes.
- S Use pan used for chicken or
- turkey here.



4 FINISH SAUCE

- Add **crushed tomatoes** to same pan and cook, stirring, until jammy. 2-3 minutes. Stir in coconut milk (shaking first), stock concentrates, 1/2 tsp sugar, and 1/4 cup reserved pasta cooking water (1 tsp sugar and 1/3 cup pasta cooking water for 4 servings).
- · Bring to a simmer; cook, stirring, until thickened, 2-3 minutes. Season with salt and pepper.



5 TOSS PASTA

- Stir drained cavatappi and a drizzle of olive oil into pan with sauce: toss to coat.
- Add chicken or turkey to sauce along with cavatappi.



6 FINISH & SERVE

• Divide pasta between bowls. Garnish with scallion greens and drizzle with as much hot sauce as you like. Serve.