



# VEGAN CAJUN-SPICED MUSHROOM CAVATAPPI

with Creamy Tomato Sauce, Green Pepper & Scallions

## INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz  
Button Mushrooms



1 | 2  
Long Green Pepper



2 Cloves | 4 Cloves  
Garlic



2 | 4  
Scallions



6 oz | 12 oz  
Cavatappi Pasta  
Contains: Wheat



1 TBSP | 2 TBSP  
Flour  
Contains: Wheat



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  
Chicken Breast Strips

Calories: 950



10 oz | 20 oz  
Ground Turkey

Calories: 990



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 760



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 toasty 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
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp) (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)

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### 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 **¾ 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.
- 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**, **½ tsp sugar**, and **¼ cup reserved pasta cooking water** (1 tsp sugar and ½ 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.

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

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