



Cooking Made Easy

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## Portobello & Orecchiette Primavera with Spring Veggies



Pasta alla Primavera is the ultimate celebration of Spring! Traditionally, people use whatever fresh Spring veggies they have on hand, thus, you'll almost never eat one that is exactly the same as the one before. Feel free to substitute with whatever veggies look good at your local market, but be sure to adjust cooking times, as not all veggies are equal!

35 min

level 2

nut free

veggie



Orecchiette



Asparagus



Parmesan Cheese



Onion



Sour Cream



Red Bell Pepper



Garlic



Parsley



Portobello Mushrooms



Chili Flakes



Broccoli

Ingredients	2 People	4 People	
Orecchiette	1)	6 oz	12 oz
Asparagus		1 bunch	2 bunches
Sour Cream	2)	¼ C	½ C
Broccoli		1 crown	2 crowns
Onion		1	2
Garlic		2 cloves	4 cloves
Parmesan Cheese	2)	¼ C	½ C
Parsley		1 bunch	2 bunches
Red Bell Pepper		1	2
Chili Flakes		1 t	2 t
Portobello Mushrooms		2	4
Olive Oil*		1 T	2 T

\*Not Included

### Allergens

- 1) Wheat
- 2) Milk

### Tools

Large Pot, Slotted Spoon,  
Large Bowl, Strainer,  
Large Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 622 cal | Carbs: 94 g | Fat: 18 g | Protein: 25 g | Fiber: 10 g



**1** Bring a large pot of **water** to a boil with a large pinch of **salt**. Meanwhile, halve, peel, and dice the **onion**. Mince or grate the **garlic**. Finely chop the **parsley**. Slice the **mushrooms**. Trim and discard the bottom inch of the **asparagus**, then cut into 1-inch pieces. Cut the **broccoli** into bite-sized florets. Core, seed, and remove white veins from the **red bell pepper**, cut it into strips, then into ½-inch cubes.



**2** Fill a large bowl with **ice water**. Add the **broccoli** to the **boiling water** for 4-5 minutes, until bright green and crisp-tender. Remove from water with a slotted spoon and reserve in the ice bath. Add the **asparagus** to the boiling water for 2-3 minutes, until bright green and crisp-tender. Reserve with the broccoli. Then, add the **orecchiette** to the boiling water and cook for 9-10 minutes, until al dente. Drain, reserving ½ cup **pasta water**.



**3** While the pasta cooks, heat 2 teaspoons **olive oil** in a large pan over medium heat. Add the **mushrooms** and cook, tossing, 4-5 minutes, until soft and golden brown. Season with **salt** and **pepper** and set aside.



**4** Heat 1 teaspoon **olive oil** in the same pan over medium heat. Add the **onion** and **red bell pepper** and cook, tossing, for 6-8 minutes, until soft. Add the **garlic** and as many **chili flakes** as you dare and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

**5** Add the pasta to the pan with the **asparagus**, **broccoli**, **mushrooms**, **sour cream**, **Parmesan**, **half the parsley**, and a splash of **pasta water**. Toss to combine. Season to taste with **salt** and **pepper**.

**6** Serve sprinkled with **remaining parsley** and more **chili flakes** if desired. Enjoy!