



More than food

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Orecchiette

with Brussels Sprouts and Wild Mushrooms

Orecchiette is one of our favorite pasta shapes—it's perfect for holding in delicious sauces. Embellished with wild mushrooms, fresh herbs, and Brussels sprouts, this pasta dish is full of hearty, woody flavors.



35 min



level 1



nut free



veggie



Orecchiette



Brussels Sprouts



Mixed Wild Mushrooms



Shallot



Garlic



Thyme



Lemon



Parmesan Cheese



Vegetable Stock Concentrate

Ingredients

		2 People	4 People
Orecchiette	1)	6 oz	12 oz
Brussels Sprouts		8 oz	16 oz
Mixed Wild Mushrooms		4 oz	8 oz
Shallot		1	2
Garlic		2 cloves	4 cloves
Thyme		1 sprig	2 sprigs
Lemon		1	2
Parmesan Cheese	2)	¼ C	½ C
Vegetable Stock Concentrate		1	2
Butter*	2)	1 T	2 T
Oil*		2 T	4 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Large Pot, Strainer,
Large Pan

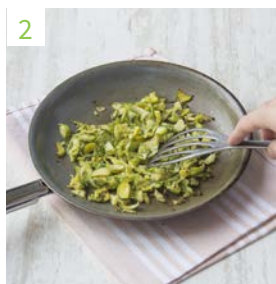
Nutrition per person Calories: 641 cal | Carbs: 89 g | Fat: 26 g | Protein: 24 g | Fiber: 12 g | Sodium: 388 mg

Ruler

0 in ¼ in ½ in ¾ in 1 in



1 Bring a large pot of **water** with a large pinch of **salt** to a boil. Halve, peel, and mince the **shallot**. Mince or grate the **garlic**. Strip the **thyme** from the stem and roughly chop. Juice the **lemon**. Trim, halve, and thinly slice the **Brussels sprouts** into shreds. Add the **orecchiette** to the boiling water and cook for 8-10 minutes until al dente. Drain, reserving **¼ cup** of the **pasta water**.



2 **Cook the Brussels sprouts:** heat **1 Tablespoon oil** in a large pan over medium heat. Add the **Brussels sprouts** and cook, tossing, for 3-4 minutes until softened and slightly golden brown. Season with **salt** and **pepper** and set aside.



3 In the same pan, heat another **½ Tablespoon oil** over medium-high heat. Add the **mushrooms** and cook, tossing, for 4-5 minutes until golden brown. Season with salt and pepper and set aside.

4 **Make the sauce:** in the same pan, heat another **½ Tablespoon oil** over medium heat. Add the **garlic**, **thyme**, and the **shallots** to the pan and cook for 30 seconds, until fragrant. Add the **stock concentrate**, **1 Tablespoon butter**, **1 Tablespoon lemon juice**, and **¼ cup pasta water** to the pan. Bring to a simmer for 3-5 minutes until slightly thickened. Season with **salt** and **pepper**.



5 Toss the **orecchiette** into the pan with the sauce. Add the **Brussels sprouts**, **mushrooms**, and **half the Parmesan cheese**. Toss to combine.

6 Serve the **orecchiette** with the **remaining Parmesan cheese** on top and enjoy!