



More than Food

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Creamy Mushroom Linguine

with Tarragon, Lemon, and Parmesan

Rich mushroom cream sauce is the base for this delicious dish. Sweet tarragon and sharp Parmesan cheese complement the richness, and linguine serves as the perfect vehicle to soak it all up!



Linguine



Button Mushrooms



Lemons



Garlic



Red Onions



Tarragon



Parmesan Cheese



Sour Cream



Vegetable Stock Concentrates

Ingredients

4 People

*Not Included

Linguine	1)	12 oz
Button Mushrooms		8 oz
Lemons		2
Garlic		2 cloves
Red Onions		2
Tarragon		½ oz
Parmesan Cheese	2)	½ C
Sour Cream	2)	2 oz
Vegetable Stock Concentrates		2

Allergens

1) Wheat

2) Milk

Tools

Large Pot, Large Pan, Strainer

Nutrition per person Calories: 515 cal | Carbs: 81 g | Fat: 16 g | Protein: 21 g | Fiber: 7 g | Sodium: 384 mg

Make sure to wash and dry produce before prepping or cooking!



1 Bring a large pot of **water** to a boil with a large pinch of **salt**. Halve, peel, and finely chop the **red onions**. Mince or grate the **garlic**. Finely chop the **tarragon**, reserving some for garnish. Halve the **lemons**. Thinly slice the **mushrooms**. Add the **pasta** to the boiling water and cook for about 10 minutes, until al dente. Be sure to reserve **1 cup pasta water**.



2 Meanwhile, heat **2 Tablespoons olive oil** in a large pan over medium heat. Add the **onions** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened. Add the **garlic** and **mushrooms** and season with **salt** and **pepper**. Cook for about 5 minutes, until the **mushrooms** are golden brown.



3 Add the **tarragon**, **stock concentrates**, and **1 cup pasta water** to the pan with the **mushrooms**. Cook for about 3 minutes, until slightly reduced.



4 Add the **sour cream** and stir to combine. Cook for 3 minutes until the **sauce** has thickened slightly.

TIP: Sour cream is a great alternative to heavy cream. It has a bolder flavor and provides the same rich texture, with less fat!

5 Drain the **pasta** and add it to the pan with the **sauce**. Add a squeeze of **lemon juice**, half the **Parmesan**, and season with **salt** and **pepper**. Toss to combine.

6 Serve the **linguine** with a sprinkle of **Parmesan** and the remaining **tarragon** on top.

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