



OCT
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Swiss Chard and Wild Mushroom Penne with Chili and Parmesan Cheese

Swiss chard is a cruciferous vegetable belonging to the beet family. Known for its crinkly green leaves and celery-like stalks, it's chock-full of iron as well as vitamins A and C. Because chard can be prepared exactly like spinach, our chefs decided to toss it into this creamy and ever-so-slightly spicy pasta dish.



Prep: 5 min
Total: 30 min



level 1



nut free



veggie



Yellow Onion



Garlic



Swiss Chard



Whole Wheat Penne



Mixed Wild Mushrooms



Paprika



Chili Flakes




Sour Cream



Parmesan Cheese

Ingredients

	2 People	4 People
Yellow Onion	1	1
Garlic	2 Cloves	4 Cloves
Swiss Chard	8 oz	8 oz
Whole Wheat Penne	1) 6 oz	12 oz
Mixed Wild Mushrooms	4 oz	8 oz
Paprika	1 t	2 t
Chili Flakes 	1 t	1 t
Sour Cream	2) 4 T	8 T
Parmesan Cheese	2) ¼ Cup	½ Cup
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large pot, Slotted spoon, Strainer, Large pan

Nutrition 2 person Calories: 537 cal | Fat: 16 g | Sat. Fat: 7 g | Protein: 23 g | Carbs: 79 g | Sugar: 9 g | Sodium: 442 mg | Fiber: 12 g

Nutrition 4 person Calories: 522 cal | Fat: 15 g | Sat. Fat: 7 g | Protein: 23 g | Carbs: 76 g | Sugar: 7 g | Sodium: 440 mg | Fiber: 11 g



1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Halve, peel, and thinly slice **onion**. Mince or grate **garlic**.



2 Cook the Swiss chard: Add **Swiss chard** to boiling water. Cook until wilted, 1-2 minutes. Remove with slotted spoon and set aside. Leave **water** boiling.



3 Boil the pasta: Add **penne** to same boiling **water**. Cook until al dente, 9-11 minutes. Drain when finished, but reserve **¼ cup pasta water**.



4 Cook the onions and mushrooms: Heat a drizzle of **olive oil** in a large pan over medium heat. Add **onions**. Toss until softened, 4-5 minutes. Add **mushrooms** and another drizzle of **olive oil**. Toss until golden brown, an additional 4-5 minutes. Add **garlic, paprika**, and as many **chili flakes** as you like (start with a little and go up from there). Toss to combine, and season with **salt** and **pepper**.

5 Toss: Add **sour cream** and reserved **pasta water** to pan. Stir to combine. Simmer until slightly thickened, 2-3 minutes. Add **pasta, Swiss chard**, and **half the Parmesan cheese**. Toss to combine and fully heat through. Season to taste with **salt** and **pepper**.

6 Finish: Serve the **Swiss chard and wild mushroom penne** with remaining **Parmesan cheese** on top. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

