

Hello
FRESH



AUG
2016

Portobello and Orecchiette Primavera with Asparagus, Bell Pepper, and Chives

It's pasta night—or, in other words, the BEST night of the week! We've included all the traditional flavors you'd expect in addition to a pop of color from the blanched asparagus. With a 3:1 veggie to pasta ratio, you don't have to feel an ounce of guilt when reaching for seconds.



Prep: 15 min
Total: 35 min



level 1



nut
free



veggie



Orecchiette



Portobello
Caps



Asparagus



Yellow
Onion



Garlic



Chives



Parmesan
Cheese



Sour
Cream




Red Bell
Pepper



Chili
Flakes

Ingredients

	2 People	4 People	
Orecchiette	1)	6 oz	12 oz
Portobello Caps		8 oz	16 oz
Asparagus		6 oz	12 oz
Yellow Onion		1	1
Garlic		2 Cloves	4 Cloves
Chives		¼ oz	½ oz
Parmesan Cheese	2)	¼ Cup	½ Cup
Sour Cream	2)	4 T	8 T
Red Bell Pepper		1	1
Chili Flakes 		¼ t	½ t
Olive Oil*		2 t	4 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Large pot, Large bowl, Slotted spoon, Strainer, Large pan

Nutrition per person Calories: 555 cal | Fat: 16 g | Sat. Fat: 7 g | Protein: 23 g | Carbs: 82 g | Sugar: 14 g | Sodium: 202 mg | Fiber: 8 g

1



2



4



5



1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Meanwhile, halve, peel, and dice the **onion**. Mince the **garlic**. Finely chop the **chives**. Thinly slice the **mushroom caps**. Trim and discard the bottom inch from the **asparagus**, then cut into 1-inch pieces. Core, seed, and cut the **bell pepper** into 1-inch cubes.

2 Cook the asparagus and pasta: Fill a large bowl with ice water and set aside. Add **asparagus** to the boiling water for 2-3 minutes, until bright green and crisp-tender. Remove with a slotted spoon and place in the ice bath. Add the **orecchiette** to the boiling water. Cook 9-11 minutes, until al dente. Drain, reserving **½ cup pasta water**.

3 Cook the mushrooms: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **mushrooms**. Cook, tossing, for 4-5 minutes, until golden brown. Season with **salt** and **pepper**. Remove from the pan and set aside.

4 Cook the peppers and onions: Heat a drizzle of **olive oil** in the same pan over medium heat. Add the **onion** and **bell pepper**. Cook, tossing, for 6-8 minutes, until slightly caramelized. Add the **garlic** and a pinch of **chili flakes** (to taste). Cook 30 seconds, until fragrant. Season with **salt** and **pepper**.

5 Toss: Add the **pasta** to the pan along with the **mushrooms**, **asparagus**, **sour cream**, **Parmesan cheese**, **half the chives**, and a splash of the reserved **pasta water**. Toss over medium heat for 1-2 minutes. Season with **salt** and **pepper**.

6 Finish: Serve the **portobello and orecchiette primavera** sprinkled with the remaining **chives** and enjoy!

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

