



Creamy Rigatoni and Plant Based Chicken with Mushroom and Leek Sauce

Classic 25 Minutes • 1.5 of your 5 a day • Veggie

19



Closed Cup
Mushrooms



Leek



Garlic Clove



Rigatoni Pasta



Plant Based
'Chicken' Pieces



Vegetable
Stock Powder



Crème Fraîche

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Closed Cup Mushrooms**	1small punnet	1 large punnet	2 small punnets
Leek**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Rigatoni Pasta 13)	200g	300g	400g
Reserved Pasta Cooking Water*	100ml	150ml	200ml
Plant Based 'Chicken' Pieces 11) 13)**	1 pack	1½ packs	2 packs
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Crème Fraîche 7)**	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	429g	100g
Energy (kJ/kcal)	2912 /696	679 /162
Fat (g)	25	6
Sat. Fat (g)	11	3
Carbohydrate (g)	89	21
Sugars (g)	8	2
Protein (g)	36	8
Salt (g)	2.10	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **11)** Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Thinly slice the **mushrooms**. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice. Peel and grate the **garlic** (or use a garlic press).



Cook the Pasta

When boiling, add the **rigatoni** to the **water** and cook until tender, 12 mins. Once cooked, reserve some of the **pasta cooking water** (see ingredients for amount), then drain in a colander. Pop back in the pan and drizzle with **oil** and stir through to stop it sticking together.



Fry Away

Meanwhile, heat a drizzle of **oil** in a frying pan on high heat. Chop any larger **plant based 'chicken' pieces** in half to give evenly sized pieces and, once the pan is hot, add the **plant based 'chicken' pieces**. Season with **salt** and **pepper** and stir fry until browned on the outside, 4-5 mins. Remove to a bowl and pop your pan back on medium high heat. Add a drizzle of **oil** if the pan is dry.



Cook the Veg

Add the **mushrooms** to the pan and season with **salt** and **pepper**. Stir fry until starting to brown, 4-5 mins. Then add the **leek** to the pan and cook until soft, another 4-5 mins. Stir in the **garlic** and cook for 1 minute more. Pour in the **reserved pasta water** and **stock powder**, bring to the boil and simmer until reduced by half, 2-4 mins.



Finish the Sauce

Add the **plant based 'chicken' pieces** to the pan along with the **crème fraîche** and stir together. Bring to the boil and simmer until everything is piping hot, 3-4 mins. Add the **drained pasta** to the **sauce** and stir to combine. Taste and add **salt** and **pepper** if you feel it needs it. Add a splash of **water** if the **sauce** is too thick



Serve!

Serve the **pasta** in bowls.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.