



Truffle mushroom fettuccine

with vegan parmesan



This creamy fettuccine pasta tossed with mushrooms and our house-made truffle sauce is a winner. Vegan parmesan completes this perfect, decadent midweek meal.

Quick & easy, Great for leftovers



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot, large non-stick frying pan



Pantry items needed: plant-based butter, olive oil, salt



Hands-on: 20 minutes
Ready in: 20 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Fettuccine	1 packet	1 packet
Mushrooms	250g	500g
Garlic	10g	20g
Plant-based butter*	2 tsp	4 tsp
Olive oil*	2 tsp	4 tsp
Salt*	½ tsp	1 tsp
Plant-based cream	1 tub	1 tub
Vegan parmesan	1 tub	1 tub
Truffle sauce	1 tub	1 tub

* Pantry items

Instructions

1. Cook pasta

Fill a large pot ¾-full with water and bring to a boil. Add **fettuccine** and cook for **12 minutes**. Drain **pasta** and reserve **1 cup** of **pasta water**.

2. Prepare ingredients

Thinly slice **mushrooms**. Mince **garlic**.

3. Cook sauce

In a large non-stick frying pan over medium heat, add **plant-based butter***, **olive oil*** and **mushrooms** and cook, covered, until softened, about **6 minutes**. Add **garlic** and cook, uncovered, until golden brown, about **4 minutes**. Add **pasta water** (**¼ cup for 2 serves** and **½ cup for 4 serves**) and **salt*** and stir until absorbed, about **2 minutes**. Add **plant-based cream** and **half the parmesan** and stir until bubbling, about **1 minute**. Add **pasta** and **truffle sauce** and fold to coat.

4. Serve

Serve **truffle mushroom fettuccine** into bowls and top with remaining **parmesan**.

Eat your way to healthy!



Mushrooms are low in calories but packed with many health-boosting vitamins, minerals, and antioxidants, including vitamin B1, B2, B3, B5, B6, B9, selenium, magnesium, phosphorus, copper, potassium. They are also a source of protein and fibre.

Mushrooms have been linked to a range of health benefits, including lower risk of cancer, heart disease and diabetes, improved immune system, better gut health and weight loss.

Allergens and ingredients

Allergens: gluten, wheat.
May contain traces of other allergens.
For full details of allergen and ingredient information contact us at (02) 8773 4584.

Nutritional information*

	Per 480g serve	Per 100g
Energy	3639kJ (871Cal)	758kJ (181Cal)
Protein	21.6g	4.5g
Fat, total	43.1g	9.0g
- Saturated	9.3g	1.9g
Carbohydrate	97g	20g
- Sugars	2g	1g
Sodium	1447mg	301mg

* Nutritional information is based on averages