



APR  
2017

## Portobello and Orecchiette Primavera

with Roasted Red Bell Pepper and Asparagus

This pasta primavera is filled to the brim with fresh veggies! Asparagus is one of our favourite spring vegetables, and we're so excited the season has started in Canada. Enjoy them while you can - the season doesn't last long!



Orecchiette



Asparagus



Red Bell Pepper



Parsley



Baby Portobello



Onion



Garlic



Chili Flakes




Parmesan Cheese



Sour Cream

## Ingredients

		2 People
Orecchiette	1)	1 pkg (170 g)
Asparagus		1 pkg (113 g)
Red Bell Pepper		1
Portobello Mushroom		1
Onion, chopped		1 pkg (56 g)
Garlic		1 pkg (10 g)
Parsley		1 pkg (10 g)
Chili Flakes 		1 pkg (½ tsp)
Parmesan Cheese, shredded	2)	1 pkg (½ cup)
Sour Cream	2)	1 pkg (3 tbsp)
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

## Tools

Large Pot, Baking Sheets, Strainer, Measuring Cups, Large Pan

**Nutrition per person** Calories: 563 cal | Fat: 17 g | Protein: 27 g | Carbs: 79 g | Fibre: 6 g | Sodium: 423 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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**1 Prep: Wash and dry all produce.** Bring a large pot of **salted water** to a boil. Trim and discard the bottom inch of the **asparagus**, then cut into 1-inch pieces. Core, then cut the **bell pepper** into ½ inch pieces. Thinly slice the **portobello mushroom**.

5



**2 Roast the veggies:** Toss the **asparagus** and **bell pepper** on a baking sheets with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 18-20 min.

**3 Cook the pasta:** Meanwhile, add the **orecchiette** to the boiling water. Cook until the pasta is tender, 12-14 min.

**4 Finish the prep:** Meanwhile, mince or grate the **garlic**. Roughly chop the **parsley**.

6



**5 Cook the mushrooms:** Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until softened, 4-5 min. Add the **mushrooms**, **garlic** and as much **chili flakes** as you like. Cook, stirring occasionally, until golden-brown, 7-8 min.

**6 Finish the pasta:** Reserve **⅓ cup pasta water** from the **orecchiette**, then drain. Add the **roasted veggies**, **sour cream**, **Parmesan**, **pasta** and **reserved pasta water** to the pan. Stir until heated through, 2-3 min. Season with **salt** and **pepper**.

**7 Finish and serve:** Divide the **pasta** between bowls and sprinkle with the **parsley**. Enjoy!

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