



# 10 Minute Creamy Truffle Mushroom Spaghetti

with Balsamic Rocket Salad

Source of Protein

Preparation time : 10 min.



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Find the full recipe and preparation details online.  
<https://hfresh.cottey.fr/en-GB/recipes/10-minute-creamy-truffle-mushroom-spaghetti-446>

Detach me! \_\_\_\_\_

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Medium Saucepan, Kettle, Pan

Ingredients for 1-6 people

| Ingredient                               | 2p  | 3p  | 4p  |
|------------------------------------------|-----|-----|-----|
| Sliced Mushrooms (grams)                 | 180 | 270 | 360 |
| Spaghetti (grams)                        | 180 | 270 | 360 |
| Creme Fraiche (grams)                    | 150 | 225 | 300 |
| Vegetable Stock Paste (grams)            | 10  | 15  | 20  |
| Baby Spinach (grams)                     | 40  | 75  | 100 |
| Grated Hard Italian Style Cheese (grams) | 40  | 60  | 80  |
| Truffle Zest (sachet(s))                 | 1   | 1½  | 2   |
| Wild Rocket (grams)                      | 20  | 30  | 40  |
| Balsamic Glaze (grams)                   | 12  | 18  | 24  |
| Water for the Sauce (milliliter(s))      | 75  | 120 | 150 |
| Butter (grams)                           | 20  | 30  | 40  |

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

| Per serving        | Amount   |
|--------------------|----------|
| Energy (kJ)        | 3211 kJ  |
| Energy (kcal)      | 768 kcal |
| Fat                | 39.8 g   |
| of which saturates | 24.1 g   |
| Carbohydrate       | 76.8 g   |
| of which sugars    | 10.5 g   |
| Dietary Fibre      | 4.7 g    |
| Protein            | 25.1 g   |
| Salt               | 1.94 g   |

Allergens

Egg, Mustard, Milk, Wheat, May contain traces of allergens, Soya, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



Fry Mushrooms

- Boil a full kettle.
- While it boils, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **mushrooms**, 5-6 mins.
- Season with **salt** and **pepper**.



Cook Pasta

- Meanwhile, pour the **boiled water** into a saucepan with ½ **tsp salt**.
- Boil the **spaghetti**, 8 mins.
- In the meantime, stir the **creme fraiche**, **veg stock paste** and **water** (see pantry) into the **mushrooms**.
- Bring to the boil, then lower the heat. Simmer, 1-2 mins.



Spinach Time

- Next, add the **spinach** to the **sauce** in handfuls, making sure it's piping hot, 1-2 mins.
- Once the **pasta** is cooked, drain.
- Stir the **cooked pasta**, **butter** (see pantry) and **half** the **cheese** into the **sauce**.
- Taste and season with **salt** and **pepper**. Add a splash of **water** if it's too thick.



Dinner's Ready!

- Share the **pasta** between your bowls.
- Sprinkle with the remaining **cheese** and the **truffle zest**.
- Top with the **rocket**. Drizzle with the **balsamic glaze** to finish.

Enjoy your meal!