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WK33
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Creamy Mushroom Fettuccine with Sundried Tomatoes

We think this technique of cooking pasta is a real game changer - you won't believe how creamy the end result is. Milk and stock infuse the fettuccine with beautiful sauciness and flavour. By finishing everything in the same pot, you know every bit of pasta is covered in sauce, sundried tomatoes and silky mushrooms.



Prep: 10 mins



Cook: 25 mins



Total: 35 mins



level 2



high
protein



winter
warmers

Pantry Items



Olive Oil



Water



Milk



Swiss Brown
Mushrooms



Garlic



Vegetable Stock



Fettuccine



Sundried
Tomatoes



Lemon



Parmesan Cheese



Baby Spinach




Parsley


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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1 punnet	2 punnets	swiss brown mushrooms, sliced
1 clove	2 cloves	garlic, peeled & crushed
1 ½ cups	3 cups	water *
1 cube	2 cubes	vegetable stock, crumbled
1 ¼ cups	2 ½ cups	milk *
200 g	400 g	fettuccine, broken in half (recommended amount)
1 tub	2 tubs	sundried tomatoes, drained & finely chopped
½	1	lemon, zested & juiced
½ block	1 block	Parmesan cheese, finely grated
½ bag	1 bag	baby spinach, washed
½ bunch	1 bunch	parsley, finely chopped



Ingredient features in another recipe



Pantry Items



Pre-preparation

Nutrition per serve

Energy	2960	Kj
Protein	32	g
Fat, total	22.4	g
-saturated	4.5	g
Carbohydrate	89.5	g
-sugars	16.7	g
Sodium	694	mg



You will need: *chef's knife, chopping board, garlic crusher, fine grater, sieve, medium frying pan, wooden spoon and a large saucepan with a lid.*



1 Heat a medium frying pan over a medium-high heat. Add the **olive oil** and **swiss brown mushroom** and cook, stirring, for **2-3 minutes**, or until golden and tender. Add the **garlic** and cook for a further **1 minute**, or until fragrant. Set aside.



2 Meanwhile, add the **water**, **crumbled vegetable stock**, **milk**, and **fettuccine** to a large saucepan. Season generously with cracked **black pepper**. Ensure that the fettuccine is submerged below the liquid. Cover the saucepan with a lid and bring to the boil. Remove the lid and give it a stir with a wooden spoon to ensure nothing is sticking to the bottom of the pan. Return the lid and reduce the heat to low. Simmer for **10-12 minutes** or until the pasta is 'al dente'. Stir the pasta every **3 minutes** to make sure it's not sticking. Remove the lid and simmer for a further **1-2 minutes** or until the liquid thickens a little. Stir through the swiss brown mushroom, **sundried tomato**, a pinch of the **lemon zest**, the **lemon juice**, half of the **Parmesan cheese** and the **baby spinach**. Season to taste with **salt** and **pepper**.



3 Divide the pasta between bowls and top with the remaining Parmesan cheese and the **parsley**.

Did you know? There are approximately 350 different types of pasta!