

MARLEY SPOON



Mushroom and Spinach Pasta

with Smoked Cheddar Cheese



20-30min



4 Portions

Mushroom, spinach and cheese is one of those hard-working flavour combos that's always a winner. Elevate this trusted favourite to something special with rich English smoked cheddar, chewy penne and toasted sunflower seeds. Toss in fresh baby spinach to finish this delicious and satisfying dinner.

What we send

- mushrooms
- casarecce pasta ¹
- red onion
- vegetable stock cube ⁷
- English smoked cheese ⁷
- garlic
- sunflower seeds
- baby spinach leaves

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- box grater
- large deep frypan with lid
- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Apologies, we weren't able to send you penne pasta, as pictured. But don't worry, the casarecce is just as delicious! The remaining pasta won't be used in this dish.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

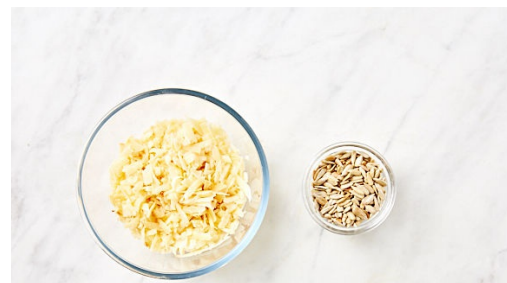
Nutrition per serving

Energy 685kcal, Fat 33.7g, Carbs 59.3g, Proteins 26.0g



1. Prepare vegetables

Bring a large saucepan of salted water to the boil for the pasta. Wipe the **mushrooms** clean and thinly slice. Finely chop the **onion**. Crush or finely chop the **garlic**.



2. Toast sunflower seeds

Put the **sunflower seeds** in a cold large deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan, reserving the pan. Coarsely grate the **cheese**.



3. Make stock

Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **80ml (1/3 cup) boiling water** and stir to dissolve. Meanwhile, cook **three-quarters of the pasta** (see cooking tip) in the pan of boiling water for 9-10 mins until al dente. Reserve **125ml (1/2 cup) cooking water**, then drain well.



4. Cook mushrooms

While the pasta is cooking, heat **80ml (1/3 cup) olive oil** in the reserved pan over medium-high heat. Cook the **garlic** and **onion**, stirring regularly, for 3 mins or until softened. Add the **mushrooms** and cook, stirring occasionally, for 5 mins or until browned.



5. Add spinach

Add the **stock** and **spinach**, and cook, stirring, for 1 min or until the spinach has wilted. Season with **salt and pepper**.



6. Add pasta

Add the **pasta** to the **vegetables** and stir to combine. Add **half the cheese** and enough **reserved cooking water** to moisten, then toss to combine. Divide the **pasta** among bowls. Scatter with the **remaining cheese** and **sunflower seeds** to serve.