



Chestnut Mushroom Pasta with Hazelnuts & Parmesan

A really healthy, tasty dish packed with nutrient-dense ingredients and wholegrains! The parmesan melts in with the hazelnuts to make the perfect garnish. P.S. Drizzle over some olive oil at the end to really bring out the Italian flavour in this dish.

Nutritional Info

Calories: 566 kcal
Carbohydrates: 80 g
Protein: 24 g
Fat: 23 g

Ingredients

- Chestnut Mushrooms
- Onion
- Baby Spinach
- Garlic
- Parmesan Style Hard Cheese
- Hazelnuts
- Wholegrain Pasta

Your Pantry

- Olive Oil
- Salt

Allergens


[Wheat \(Pasta\)](#)
[Milk \(Cheese\)](#)
[Nuts \(Hazelnuts\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Cook the pasta**

Cook the pasta in boiling salted water for 10-12 minutes.

2) **Prepare the ingredients**

While the pasta is cooking slice the onion and mushrooms, and crush the garlic.

3) **Cook the vegetables**

Add some olive oil to a large hot pan and fry the onions and mushrooms. Cook for 4 minutes.

Add the garlic and cook for another 1 minute.

4) **Add the pasta to the vegetables**

When the pasta is cooked, drain off the liquid and add the pasta to the pan with the vegetables.

5) **Add the spinach and hazelnuts**

Stir the spinach through the pasta. Crush and sprinkle over the hazelnuts.

6) **Plate the dish**

Serve the pasta with the parmesan on top.



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