



CREAMY CARAMELIZED MUSHROOM PASTA

SERVES 2 OR 4
TIME: 30 MIN
CALORIES: 590/SERVING



An indulgent creamy mushroom pasta with a secret ingredient to boost the sauce with protein and nutrients: silken tofu! This meal comes together in 30 minutes and is reminiscent of a silky alfredo with umami caramelized mushrooms and sautéed kale.

WHAT YOU'LL NEED

- Blender or food processor
- Large pan
- Large pot
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Pasta	200 g	400 g
Mushrooms	7 oz	14 oz
Baby Kale	3 cups	6 cups
Baby cucumber	1	1-2
Dressing	1/4 cup	1/2 cup
Miso tofu sauce	1 cup	2 cups



1 Prep ingredients: thinly slice **mushrooms**, roughly chop the **kale** and divide in half, and slice the **cucumber**.



2 Bring a large pot of **salted water** to a boil. Once boiling, add the **pasta** and cook until al dente, about 9-12 minutes. Drain, reserving 1 cup of pasta water (2 cups for 4 servings).



3 Meanwhile, place a large pan over medium-high heat and add 1 tbsp of **oil**. Once hot, add the **mushrooms** and a pinch of **salt**. Sauté for about 10 minutes until browned and crispy.



4 Add the **miso tofu sauce** to the pan, then mix in half of the **chopped kale** and cook for 5 more minutes until kale has wilted. Transfer the **pasta** to the pan and toss to coat, gradually adding **reserved pasta water** to thin as needed.



5 Add the **remaining kale** to a bowl with the **cucumber** and toss with the **dressing**. Divide **pasta** between bowls and serve with **kale salad**.

Nutrition Facts		Valeur nutritive	
Per Serving (497 g)			
pour 1 (497 g)			
Calories	590	% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides	9 g		12 %
Saturated / saturés	1.5 g		8 %
+ Trans / trans	0 g		
Carbohydrate / Glucides	100 g		
Fibre / Fibres	7 g		25 %
Sugars / Sucres	13 g		13 %
Protein / Protéines	28 g		
Cholesterol / Cholestérol	0 mg		0 %
Sodium	730 mg		32 %
Potassium	1100 mg		23 %
Calcium	200 mg		15 %
Iron / Fer	5 mg		28 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			