



### Product Spotlight: Hazelnuts

Hazelnuts are packed with antioxidants and contain high amounts of phenolic compounds, which help your heart stay healthy by reducing cholesterol and inflammation.



## Forest Mushroom Pasta with Hazelnuts and Crispy Sage

Garlic brown butter sauce pasta served with forest mushrooms and lashings of parmesan cheese, topped with toasted hazelnuts and crispy sage.



25 minutes



4 servings



Vegetarian

## Switch the grater!

*This recipe uses a block of parmesan cheese. We recommend using a microplane grater (usually used for zesting) as the sharp blades can quickly grate hard cheeses with less effort.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	35g	95g

## FROM YOUR BOX

DRIED FOREST MUSHROOMS	1 packet (20g)
SHORT PASTA	500g
HAZELNUTS	1 packet (40g)
SAGE	1 packet
BROWN ONION	1
GARLIC CLOVES	2
SWISS BUTTON MUSHROOMS	300g
PARMESAN CHEESE	1 block
WATERCRESS	1 sleeve

## FROM YOUR PANTRY

olive oil, butter, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Dress the watercress with some vinegar and olive oil if preferred!

**No gluten option** - pasta is replaced with GF pasta.



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### 1. PREPARE THE MUSHROOMS

Place forest mushrooms in a small bowl and cover with **hot water** until submerged. Set aside.



### 2. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions. Drain and set aside.



### 3. PREPARE THE TOPPING

Roughly chop hazelnuts and pick sage leaves. Heat a frypan over medium-heat with **olive oil**. Add sage and hazelnuts and cook for 2-3 minutes until golden and crisp. Remove from pan and keep pan on heat.



### 4. SAUTÉ THE VEGETABLES

Dice onion and add to pan along with **2 tbsp olive oil**. Crush and add garlic. Cook for 5 minutes until softened. Slice mushrooms, add to pan and cook for a further 3 minutes.



### 5. TOSS THE PASTA

Drain, roughly chop and add forest mushrooms to pan. Stir in **2 tbsp butter**. Add drained pasta and grate in 1/3 block of parmesan. Toss until well combined. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Garnish pasta with sage and hazelnut topping. Grate over parmesan cheese to taste. Serve with watercress (see notes).

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