



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



2 servings



Vegetarian

Switch it!

Instead of soaking the dried forest mushrooms, you can blend or chop them to a fine crumble or powder. Use this powder to garnish and season the pasta.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	41g	116g

FROM YOUR BOX

DRIED FOREST MUSHROOMS	20g
SHORT PASTA	500g
HAZELNUTS	40g
SAGE	1 packet
BROWN ONION	1
GARLIC CLOVE	1
SWISS BUTTON MUSHROOMS	150g
PARMESAN CHEESE	1 bag
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 1/2 packet 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 **1 tbsp butter**. Add drained pasta and 1/2 packet parmesan. Toss until well combined. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

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

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