



Thyme for boscaiola

with Just Add Vegan smokey rashers



Boscaiola is a traditional Tuscan pasta dish featuring mushrooms as the star ingredient, traditionally being foraged in the bosco, meaning 'woods'. Our version is wholemeal spaghetti in a decadent, creamy sauce with crispy Just Add Vegan smokey rashers, sautéed mushrooms, fresh thyme and topped with vegan parmesan. A truly delicious, comforting meal.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot, large frying pan



Pantry items needed: olive oil, salt, freshly ground black pepper



Hands-on: 30 minutes
Ready in: 30 minutes



Serves: 2 or 4

HIGH PROTEIN | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Wholemeal spaghetti	1 packet	1 packet
Brown onion	100g	200g
Garlic	3g	6g
Button mushrooms	220g	440g
Thyme	1g	2g
Just Add Vegan smokey rashers	1 packet	1 packet
Vegan parmesan	1 tub	1 tub
Mushroom stock granules	1 packet	1 packet
Water for stock*	1 tbsp	2 tbsp
Soy cream	1 carton (half)	1 carton
Olive oil for rashers*	½ tbsp	1 tbsp
Olive oil for sauce*	1 tbsp	2 tbsp
Salt*	½ tsp	1 tsp
Freshly ground black pepper*	¼ tsp	½ tsp

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook pasta

Fill a large pot $\frac{3}{4}$ -full with water and bring to a boil. Add **spaghetti** to pot and cook for **8 minutes**. Reserve roughly **1 cup of pasta water** before draining **pasta**.

2. Prepare ingredients

Halve **onion** and thinly slice. Peel **garlic**, keeping whole. Trim **mushrooms** and thinly slice. Pick **thyme** leaves. Dice **smokey rashers** into 1cm pieces. Using a vegetable peeler, shave **parmesan**.

2. Make stock

In a measuring jug, add **mushroom stock granules**, **water for stock*** and **soy cream** ($\frac{1}{2}$ for 2 serves and 1 for 4 serves) and stir to combine.

3. Cook smokey rashers

In a large frying pan over medium-low heat, add **olive oil for rashers***. When hot, add chopped **smokey rashers** and fry, turning regularly, until golden brown, about **4 minutes**. Remove from the pan and set on paper towel.

4. Make sauce

In the same large frying pan over medium heat, add **olive oil for sauce***, **onion** and **garlic** and cook, stirring, for **4 minutes**. Increase heat to high, add **mushrooms** and **thyme** and cook until **mushrooms** have browned, about **4 minutes**. Reduce heat to medium-low and stir in **stock**. Season with **salt*** and **freshly ground black pepper***.

5. Finish pasta

Add **pasta** to **sauce**. Add **pasta water** ($\frac{1}{4}$ cup for 2 serves and $\frac{1}{2}$ cup for 4 serves), stirring until thickened, adding more water if needed. Add **smokey rashers** pieces and stir to combine.

6. Serve

Serve **boscaiola** into shallow bowls, top with **parmesan** and more **freshly ground black pepper*** to taste.

Eat your way
to healthy!



Mushrooms are low in calories but packed with many health-boosting vitamins, minerals, and antioxidants, including vitamins B1, B2, B3, B5, B6, B9, selenium, magnesium, phosphorus, copper, potassium. They are also a source of protein and fibre.

Mushrooms have been linked to a range of health benefits, including lower risk of cancer, heart disease and diabetes, improved immune system, better gut health and weight loss.

Nutritional information*

	Per 380g serve	Per 100g
Energy	3055kJ (730Cal)	803kJ (192Cal)
Protein	26.3g	6.9g
Fat, total	30.3g	8.0g
- Saturated	14.2g	3.7g
Carbohydrate	14.2g	3.7g
- Sugars	4.0g	1.0g
Sodium	1023mg	269mg

* Nutritional information is based on averages