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But The Chef

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Baked Gnocchi with Walnuts

In need of a big warm hug, pair of ugg boots and a nice fluffy blanket? Or simply need some carbs to get through the rest of the week? This goey yummy gnocchi dish had comfort food written all over it. Put your feet up and enjoy!



30 min



level 2



veggie



Yoghurt



Tomato



Mozarella



Nutmeg



Gnocchi



Baby Spinach



Walnuts



Parsley



Breadcrumbs



Cucumber



Parmesan

2P	4P	Ingredients
40 g	80 g	walnuts
100 g	200 g	yoghurt
50 g	100 g	parmesan, grated
100 ml	200 ml	milk*
1 ball	2 balls	Buffalo mozzarella, shredded
1/2 tsp	1 tsp	HelloFresh nutmeg
2 tsp	4 tsp	plain flour*
1 tsp	2 tsp	dijon mustard*
500 g	1 kg	gnocchi
1	2	egg, beaten*
2 tbs	4 tbs	parsley, finely chopped
20 g	40 g	breadcrumbs
70 g	140 g	baby spinach, washed
1	2	tomato, sliced into wedges
1	2	cucumber, chopped ⊕
1 tbs	2 tbs	balsamic vinegar*

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	3020	Kj
Protein	39.4	g
Fat, total	34.6	g
-saturated	20.5	g
Carbohydrate	59.3	g
-sugars	9.5	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced.

2 Spread the **walnuts** out on a lined baking tray and bake in the oven to **2-3 minutes** or until golden brown, then set aside.

3 Place the **yoghurt, parmesan, milk, and mozzarella** in a saucepan and stir over a high heat for **3-4 minutes** until melted. Whisk in the **nutmeg, flour, and mustard**. Season with **salt and pepper**, then turn off heat.



4 Cook **gnocchi** according to packet instructions. You want to make sure you wait until all of the gnocchi is floating before draining it. Otherwise you run the risk of it being chewy!

5 Add the **egg** to the cheese sauce with the walnuts and **parsley**, stirring to combine. Divide the gnocchi evenly between ovenproof dishes or bowls, pour the sauce over top and sprinkle with the **breadcrumbs**. Place in the oven for **8-10 minutes** or until golden.



6 Serve the baked gnocchi with a side of **baby spinach** tossed with the **tomato and cucumber**, and drizzled with **balsamic vinegar**.

