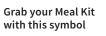


Quick Creamy Pork & Zucchini Gnocchi with Parmesan Cheese

TAKEAWAY FAVES

KID FRIENDLY









Zucchini



Pork Mince



Nan's Special

Garlic Paste

Italian Herbs



Seasoning

Light Cooking Cream



Chicken-Style Stock Powder



Shaved Parmesan Cheese





Prep in: 20-30 mins Ready in: 25-35 mins You can't go wrong with this gnocchi that gives you your pasta, meat and veg fix all in one go. These soft, pillowy, bundles of potato are so good that even the kids will love this one!

Pantry items Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
gnocchi	1 packet	2 packets	
zucchini	1	2	
tomato	1	2	
pork mince	1 small packet	1 medium packet	
garlic paste	1 packet	2 packets	
Nan's special seasoning	1 medium sachet	1 large sachet	
Italian herbs	1 medium sachet	1 large sachet	
light cooking cream	1 medium packet	1 large packet	
chicken-style stock powder	1 medium sachet	1 large sachet	
water*	⅓ cup	⅔ cup	
shaved Parmesan	1 packet	1 packet	
cheese	(26g)	(52g)	
beef mince**	1 small packet	1 medium packet	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3615kJ (864Cal)	571kJ (136Cal)
Protein (g)	46.7g	7.4g
Fat, total (g)	33.2g	5.2g
- saturated (g)	16.1g	2.5g
Carbohydrate (g)	92.3g	14.6g
- sugars (g)	7.4g	1.2g
Sodium (mg)	2694mg	426mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3641kJ (870Cal)	575kJ (137Cal)
Protein (g)	50.1g	7.9g
Fat, total (g)	32.3g	5.1g
- saturated (g)	16.5g	2.6g
Carbohydrate (g)	92.3g	14.6g
- sugars (g)	7.4g	1.2g
Sodium (mg)	2696mg	426mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Cook the anocchi

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When the oil is hot, fry **gnocchi**, tossing occasionally, until golden, **6-8 minutes**. Transfer to a plate.

TIP: Add extra oil if the gnocchi sticks to the pan.



Get prepped

- Meanwhile, slice **zucchini** into half-moons. Roughly chop **tomato**.
- Return pan to medium-high heat with a drizzle of olive oil.
- Cook **zucchini** and **tomato**, stirring, until softened, **4-6 minutes**. Transfer to a second plate.



Cook the sauce

- Return pan to high heat with a drizzle of olive oil.
- Cook **pork mince**, breaking up with a spoon, until just browned, 3-4 minutes.
- Stir in garlic paste, Nan's special seasoning and Italian herbs, until fragrant, 1 minute.
- Stir in light cooking cream, chicken-style stock powder and the water. Return cooked **gnocchi** and **veggies** to the pan and toss until combined, 1 minute.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as pork mince. Drain oil from pan before continuing with the step.



Serve up

- Divide creamy pork and zucchini gnocchi between bowls.
- Top with **shaved Parmesan cheese** to serve. Enjoy!

