



# Creamy Mushroom & Parmesan Gnocchi

with Rocket & Tomato Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sliced Mushrooms



Garlic & Herb Seasoning



Gnocchi



Plant-Based Cooking Cream



Parmesan Cheese



Baby Spinach Leaves



Tomato



Rocket Leaves



Diced Bacon

Prep in: 30-40 mins  
Ready in: 30-40 mins

Eat Me Early

This mellow combination of buttery mushrooms, fragrant onion and baby spinach, tossed through golden pan-fried gnocchi, makes a meal that's pure comfort. Served with a slightly sweet and peppery salad, it's got the lot!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar

## 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

Two large frying pans

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
sliced mushrooms	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
gnocchi	1 packet	2 packets
plant-based cooking cream	1 medium packet	2 medium packet
<b>salt*</b>	¼ tsp	½ tsp
Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
tomato	1	2
<b>balsamic vinegar*</b>	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3527kJ (843Cal)	546kJ (130Cal)
Protein (g)	23.5g	3.6g
Fat, total (g)	38.2g	5.9g
- saturated (g)	7.2g	1.1g
Carbohydrate (g)	98.4g	15.2g
- sugars (g)	10.2g	1.6g
Sodium (mg)	2286mg	354mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3915kJ (936Cal)	567kJ (136Cal)
Protein (g)	30.5g	4.4g
Fat, total (g)	44.9g	6.5g
- saturated (g)	9.7g	1.4g
Carbohydrate (g)	99.2g	14.4g
- sugars (g)	10.7g	1.5g
Sodium (mg)	2717mg	393mg

The quantities provided above are averages only.

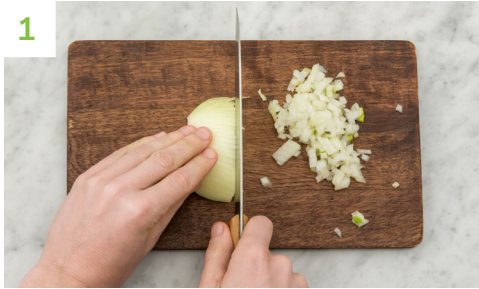
## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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



## Get prepped

- Finely chop **brown onion**.
- Finely chop **garlic**.



## Bring it all together

- Reduce pan with the veggies to a low heat, then add **plant-based cooking cream**, the **salt**, **Parmesan cheese** (reserve some for garnish!) and **baby spinach leaves**. Cook, stirring until heated through, **1-2 minutes**.
- Add **pan-fried gnocchi**. Stir to combine then remove from heat.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5 minutes**.
- Add **sliced mushrooms** and cook, until browned and softened, **6-8 minutes**. Add **garlic** and **garlic & herb seasoning** and cook, stirring until fragrant, **1-2 minutes**.

**Custom Recipe:** If you've added diced bacon, cook diced bacon with sliced mushroom, breaking up with a spoon, until browned, 8-10 minutes.



## Prep the salad

- Roughly chop **tomato**.
- In a medium bowl, combine a drizzle of the **balsamic vinegar** and **olive oil**. Season, then add **rocket leaves** and **tomato**. Toss to coat.



## Pan-fry the gnocchi

- While the mushrooms are cooking, heat a second large frying pan over medium-high heat with a generous drizzle of **olive oil**.
- When oil is hot, cook **gnocchi**, tossing occasionally, until golden, **6-8 minutes**. Season with **salt** and **pepper**. Transfer to a plate.

**TIP:** Add extra oil if the gnocchi is sticking to the pan.



## Serve up

- Divide the creamy mushroom and Parmesan gnocchi between bowls.
- Sprinkle with the reserved Parmesan. Serve with the rocket and tomato salad. Enjoy!

## Rate your recipe

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