



Creamy Pork & Zucchini Gnocchi

with Parmesan Cheese

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Gnocchi



Zucchini



Tomato



Pork Mince



Garlic Paste



Nan's Special Seasoning



Italian Herbs



Light Cooking Cream



Chicken-Style Stock Powder



Parmesan Cheese



Beef Mince

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!

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

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

	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	2 small packets OR 1 large packet
garlic paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	2 medium sachets OR 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*	½ cup	¾ cup
Parmesan cheese	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large 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)	3643kJ (870Cal)	576kJ (137Cal)
Protein (g)	50.2g	7.9g
Fat, total (g)	32.3g	5.1g
- saturated (g)	16.6g	2.6g
Carbohydrate (g)	92.3g	14.6g
- sugars (g)	7.4g	1.2g
Sodium (mg)	2695mg	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



1



Cook the gnocchi

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When 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.

3



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.

2



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.

4



Serve up

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

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