



15-Min Creamy Pork & Tomato Gnocchi

with Parmesan Cheese

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Gnocchi



Zucchini



Snacking Tomatoes



Pork Mince



Garlic Paste



Nan's Special Seasoning



Italian Herbs



Light Cooking Cream



Chicken-Style Stock Powder



Parmesan Cheese



Beef Mince

Prep in: 15-25 mins
Ready in: 15-25 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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
gnocchi	1 packet	2 packets
zucchini	1	2
snacking tomatoes	1 punnet	2 punnets
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	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)	3630kJ (868Cal)	539kJ (129Cal)
Protein (g)	46.9g	7g
Fat, total (g)	33.3g	4.9g
- saturated (g)	16.1g	2.4g
Carbohydrate (g)	92.7g	13.8g
- sugars (g)	6.1g	0.9g
Sodium (mg)	2701mg	401mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3657kJ (874Cal)	543kJ (130Cal)
Protein (g)	50.4g	7.5g
Fat, total (g)	32.4g	4.8g
- saturated (g)	16.6g	2.5g
Carbohydrate (g)	92.7g	13.8g
- sugars (g)	6.1g	0.9g
Sodium (mg)	2702mg	401mg

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

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **gnocchi** in boiling water until floating on the surface, **2-4 minutes**.
- Drain **gnocchi**, then return to saucepan with a drizzle of **olive oil**.

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**. Add cooked **gnocchi**, return **veggies** to the pan and toss until combined, **1 minute**.

Custom Recipe: If you've swapped to beef mince, heat a large frying pan over high heat. Cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes. Add garlic paste and continue as above.

2



Get prepped

- Meanwhile, slice **zucchini** into rounds.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **zucchini** and **snacking tomatoes**, stirring, until softened, **4-6 minutes**. Transfer to a plate.

4



Serve up

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

Rate your recipe

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