



Creamy Mushroom & Parmesan Gnocchi

with Rocket & Tomato Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sliced Mushrooms



Gnocchi



Garlic & Herb Seasoning



Thickened 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 pillowy parcels of 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

Large frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
sliced mushrooms	1 medium packet	1 large packet
gnocchi	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
thickened cream	1 medium packet	2 medium packets
salt*	¼ tsp	½ tsp
Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
tomato	1	2
balsamic vinegar*	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)	3029kJ (724Cal)	518kJ (124Cal)
Protein (g)	20.5g	3.5g
Fat, total (g)	31.6g	5.4g
- saturated (g)	14.4g	2.5g
Carbohydrate (g)	86.7g	14.8g
- sugars (g)	10.9g	1.9g
Sodium (mg)	1596mg	273mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3416kJ (816Cal)	542kJ (130Cal)
Protein (g)	27.4g	4.3g
Fat, total (g)	38.3g	6.1g
- saturated (g)	16.9g	2.7g
Carbohydrate (g)	87.5g	13.9g
- sugars (g)	11.4g	1.8g
Sodium (mg)	2026mg	321mg

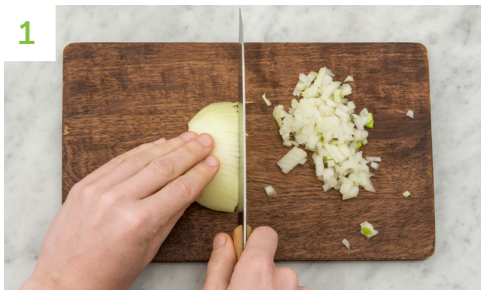
The quantities provided above are averages only.

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.

1



Get prepped

- Boil the kettle.
- Finely chop **brown onion**.
- Finely chop **garlic**.

2



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **onion** and **sliced mushrooms**, and cook, stirring, until browned and softened, **6-8 minutes**.

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

3



Cook the gnocchi

- While veggies are cooking, half-fill a large saucepan with boiling water. Add a generous pinch of **salt**.
- Cook **gnocchi** in boiling water, until floating on the surface, **2-3 minutes**.
- Reserve **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **gnocchi**, then return to saucepan. Drizzle with **olive oil** to prevent sticking.

4



Bring it all together

- When the mushrooms are browned and softened reduce the heat to low, then add **garlic & herb seasoning** and **garlic** and cook until fragrant, **1 minute**.
- Add **thickened cream**, the **salt**, **Parmesan cheese** (reserve some for garnish!) and **baby spinach leaves**. Cook, stirring, until heated through, **1-2 minutes**.
- Add **gnocchi**. Stir to combine then remove from heat.

5



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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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