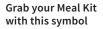


Creamy Mushroom & Parmesan Gnocchi with Rocket & Tomato Salad



















Tomato

Sliced Mushrooms





Garlic Paste

Seasoning



Plant-Based



Cooking Cream

Parmesan Cheese



Baby Spinach



Leaves

Rocket Leaves



Balsamic Vinaigrette Dressing



Prep in: 10-20 mins Ready in: 20-30 mins

This mellow combination of buttery mushrooms, fragrant onion and baby spinach, tossed through pillowy parcels of



Eat Me Early

gnocchi, makes a meal that's pure comfort. Served with a slightly sweet and peppery salad, it's got the lot!

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

 $Large\ saucepan\cdot Large\ frying\ pan$

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
gnocchi	1 packet	2 packets		
brown onion	1	2		
tomato	1	2		
sliced mushrooms	1 medium packet	1 large packet		
garlic paste	1 packet	2 packets		
garlic & herb seasoning	1 medium sachet	1 large sachet		
plant-based cooking cream	1 medium packet	2 medium packets		
salt*	1/4 tsp	½ tsp		
Parmesan cheese	1 medium packet	1 large packet		
baby spinach leaves	1 medium bag	1 large bag		
rocket leaves	1 small bag	1 medium bag		
balsamic vinaigrette dressing	1 packet	2 packets		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3549kJ (848Cal)	557kJ (133Cal)
Protein (g)	20.2g	3.2g
Fat, total (g)	43.6g	6.8g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	90.8g	14.3g
- sugars (g)	11.4g	1.8g
Sodium (mg)	1849mg	290mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4301kJ (1028Cal)	536kJ (128Cal)
Protein (g)	54.1g	6.7g
Fat, total (g)	48.3g	6g
- saturated (g)	9.3g	1.2g
Carbohydrate (g)	90.8g	11.3g
- sugars (g)	11.4g	1.4g
Sodium (mg)	1933mg	241mg

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 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 the boiling water until floating on the surface, **2-3 minutes**.
- Reserve **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **gnocchi**, then return to saucepan.



Bring it all together

- Reduce heat to medium-low then stir in plant-based cooking cream, the salt, reserved pasta water, Parmesan cheese (reserve some for garnish!) and baby spinach leaves, cook until heated through, 1-2 minutes.
- Remove pan from heat and stir through cooked gnocchi until combined.
 Season to taste.
- In a medium bowl, combine tomato, rocket leaves and balsamic vinaigrette dressing. Season.



Cook the veggies

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

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. Cook chicken with the onion and mushrooms, until browned and cooked through (when no longer pink inside), 6-8 minutes.



Serve up

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