



# Creamy Mushroom & Parmesan Gnocchi

with Rocket & Tomato Salad

Grab your Meal Kit with this symbol



Gnocchi



Brown Onion



Tomato



Sliced Mushrooms



Garlic Paste



Garlic & Herb Seasoning



Plant-Based Cooking Cream



Parmesan Cheese



Baby Spinach Leaves



Rocket Leaves



Balsamic Vinaigrette Dressing



Chicken Breast

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



## 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
<b>olive oil*</b>	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
<b>salt*</b>	¼ 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](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



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## 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.

3



## 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.

2



## 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.

4



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)