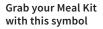


# Creamy Mushroom & Parmesan Gnocchi with Rocket & Tomato Salad



















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!