



Rich Pork & Zucchini Gnocchi with Parmesan Cheese

COSY COMFORTS

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit
with this symbol



Gnocchi



Zucchini



Tomato



Pork Mince



Garlic Paste



Nan's Special
Seasoning



Italian Herbs



Light Cooking
Cream



Chicken-Style
Stock Powder



Baby Spinach
Leaves



Parmesan Cheese



Beef
Mince



**THE
GARFIELD
MOVIE**

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!
Our favourite feline movie star is drooling over this delicious
recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

Prep in: **20-30 mins**
Ready in: **25-35 mins**

Curl up with a warming dish 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 large packet	2 large packets
zucchini	1	2
tomato	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
Nan's special seasoning	½ medium sachet	1 medium 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
baby spinach leaves	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3597kJ (860Cal)	570kJ (136Cal)
Protein (g)	46.6g	7.4g
Fat, total (g)	33.2g	5.3g
- saturated (g)	16.1g	2.5g
Carbohydrate (g)	91.5g	14.5g
- sugars (g)	7.2g	1.1g
Sodium (mg)	2583mg	409mg
Dietary Fibre (g)	3.8g	0.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3624kJ (866Cal)	574kJ (137Cal)
Protein (g)	50.1g	7.9g
Fat, total (g)	32.2g	5.1g
- saturated (g)	16.6g	2.6g
Carbohydrate (g)	91.5g	14.5g
- sugars (g)	7.2g	1.1g
Sodium (mg)	2584mg	409mg
Dietary fibre	3.8g	0.6g

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

2024 | CW21



1



Cook the gnocchi

- Boil the kettle.
- Half-fill a large saucepan with the boiling water and a generous pinch of **salt** and place over high heat.
- Cook **gnocchi** in the boiling water until floating on the surface, **2 minutes**. Reserve some **pasta water** (½ cup for 2 people / ⅔ cup for 4 people), then drain and return **gnocchi** to saucepan.

3



Cook the sauce

- Return frying 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** (see ingredients) and **Italian herbs**, until fragrant, **1 minute**.
- Stir in **light cooking cream**, **chicken-style stock powder** and the reserved **pasta water**.
- Return **cooked gnocchi**, **baby spinach leaves** and **veggies** to the pan and toss until combined, **1 minute**.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as pork mince. Drain oil from pan before continuing with the step.

2



Get prepped

- Meanwhile, slice **zucchini** into half-moons.
- Roughly chop **tomato**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **zucchini** and **tomato**, stirring, until softened, **4-6 minutes**. Transfer to a plate.

4



Serve up

- Divide rich pork and zucchini gnocchi between bowls.
- Sprinkle with **Parmesan cheese** to serve. Enjoy!

Rate your recipe

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