



# Quick Pork & Zucchini Gnocchi with Parmesan Cheese

TAKEAWAY FAVES

KID FRIENDLY

Grab your meal kit  
with this number

3



Gnocchi



Zucchini



Tomato



Garlic Paste



Pork Mince



Nan's Special  
Seasoning



Italian Herbs



Light Cooking  
Cream



Chicken-Style  
Stock Powder



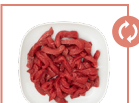
Baby Spinach  
Leaves



Parmesan Cheese



Beef  
Mince



Beef  
Strips

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

You can't go wrong with this gnocchi 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!

### Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 large packet	2 large packets
zucchini	1	2
tomato	1	2
garlic paste	1 packet	2 packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
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
<b>water*</b>	½ cup	¾ cup
baby spinach leaves	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3592kJ (859Cal)	556kJ (133Cal)
Protein (g)	47g	7.3g
Fat, total (g)	33.1g	5.1g
- saturated (g)	16.1g	2.5g
Carbohydrate (g)	90.9g	14.1g
- sugars (g)	7g	1.1g
Sodium (mg)	2523mg	391mg
Dietary Fibre (g)	4g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the gnocchi

- Boil the kettle.
- Half-fill a large saucepan with the boiling water and a generous pinch of **salt** over high heat.
- Cook **gnocchi** in boiling water until floating on the surface, **2 minutes**. Reserve some **pasta water** (½ cup for 2 people / ¾ cups for 4 people), drain and return **gnocchi** to saucepan.

3



## Cook the sauce

- Return 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 **water**.
- Return **cooked gnocchi**, **baby spinach leaves** and **veggies** to the pan and toss until combined, **1 minute**.

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



## CUSTOM OPTIONS

**+** **SWAP TO BEEF MINCE**  
Follow method above.

**↻** **SWAP TO BEEF STRIPS**  
Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

