



Easy Pork & Zucchini Gnocchi

with Parmesan Cheese

TAKEAWAY FAVES

KID FRIENDLY

Grab your meal kit with this number

3



Gnocchi



Zucchini



Tomato



Pork Mince



Garlic Paste



Nan's Special Seasoning



Italian Herbs



Light Cooking Cream



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
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
salt*	¼ tsp	½ tsp
water*	½ cup	¾ cup
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3564kJ (851Cal)	563kJ (134Cal)
Protein (g)	46.4g	7.3g
Fat, total (g)	33.1g	5.2g
- saturated (g)	16.1g	2.5g
Carbohydrate (g)	89.9g	14.2g
- sugars (g)	6.5g	1g
Sodium (mg)	3981mg	629mg
Dietary Fibre (g)	3.6g	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.



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.



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** and **Italian herbs**, until fragrant, **1 minute**.
- Stir in **light cooking cream**, the **salt** and the **water**.
- Return **cooked gnocchi** and **veggies** to the pan and toss until combined, **1 minute**.



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.



Serve up

- Divide creamy 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 | CW30



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.

