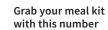


# Easy Pork & Zucchini Gnocchi with Parmesan Cheese

TAKEAWAY FAVES

KID FRIENDLY

















Garlic Paste

Nan's Special Seasoning







**Light Cooking** Italian Herbs Cream



Parmesan Cheese







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

**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*	1/4 tsp	½ tsp
water*	⅓ cup	⅔ cup
Parmesan cheese	1 medium packet	1 large packet

<sup>\*</sup>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** (1/3 cup for 2 people / 2/3 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!





