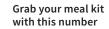


# Creamy Mushroom & Parmesan Gnocchi with Rocket & Tomato Salad















Sliced Mushrooms





Garlic & Herb



Seasoning





Parmesan Cheese



**Baby Spinach** 





Tomato



**Rocket Leaves** 





Prep in: 30-40 mins Ready in: 30-40 mins



Eat Me First

#### 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 frying pan · Large saucepan

### **Ingredients**

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	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
sliced mushrooms	1 medium packet	1 large packet
gnocchi	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	1 large sachet
thickened cream	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
tomato	1	2
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 small packet	2 small packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3009kJ (719cal)	516kJ (89cal)
Protein (g)	19.6g	3.4g
Fat, total (g)	32g	5.5g
- saturated (g)	14.8g	2.5g
Carbohydrate (g)	85.2g	14.6g
- sugars (g)	10.6g	1.8g
Sodium (mg)	1200mg	205.8mg
Dietary Fibre (g)	8.6g	1.5g

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.



#### Get prepped

- Boil the kettle.
- Finely chop brown onion and garlic.



## Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- · Cook onions and sliced mushrooms, stirring, until browned and softened, 6-8 minutes.



## Boil the gnocchi

- Meanwhile, half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- Cook **gnocchi** in boiling water until floating on the surface, 2-3 minutes.
- Reserve some pasta water (1/2 cup for 2 people / 1 cup for 4 people), if needed. Drain **gnocchi**, then return to saucepan. Drizzle with olive oil, if needed.



#### Bring it all together

- To the pan with the veggies, reduce heat to low. Add garlic & herb seasoning and garlic and cook until fragrant, 1 minute.
- Add thickened cream, a good pinch of salt, Parmesan cheese (reserve some for garnish!) and baby spinach leaves. Cook, stirring, until heated through, **1-2 minutes**.
- Add **cooked gnocchi**, stir to combine, then remove from heat.



#### Prep the salad

- · Roughly chop tomato.
- In a medium bowl, combine a drizzle of **balsamic** vinegar and olive oil. Season to taste, then add rocket leaves and tomato. Toss to coat.



#### Finish & serve

- Divide creamy mushroom and Parmesan gnocchi between bowls.
- · Sprinkle with the reserved Parmesan.
- Serve with rocket and tomato salad. Enjoy!







