

Creamy Mushroom & Parmesan Gnocchi

with Rocket & Tomato Salad

Grab your meal kit with this number

33



Brown Onion



Garlic



Sliced Mushrooms



Gnocchi



Garlic & Herb Seasoning



Thickened Cream



Parmesan Cheese



Baby Spinach Leaves



Tomato



Rocket Leaves



Parmesan Cheese



Diced Bacon

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

 Eat Me First

This mellow combination of buttery mushrooms, fragrant onion and baby spinach, tossed through pillowy parcels of gnocchi, makes a meal that's pure comfort. Served with a slightly sweet and peppery salad, it's got the lot!

Pantry items

Olive Oil, Balsamic Vinegar

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

	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

*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](https://www.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** (½ 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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



CUSTOM OPTIONS

+ **DOUBLE PARMESAN CHEESE**
Follow method above.

+ **ADD DICED BACON**
Before cooking sauce, cook bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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

