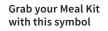


Creamy Pork & Zucchini Gnocchi with Parmesan Cheese

TAKEAWAY FAVES

KID FRIENDLY











Nan's Special Seasoning





Italian Herbs





Plant-Based Cooking



Cheese



Prep in: 20-30 mins Ready in: 25-35 mins You can't go wrong with this gnocchi 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

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
gnocchi	1 packet	2 packets
zucchini	1	2
tomato	1	2
pork mince	1 small packet	1 medium packet
garlic paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
Italian herbs	1 medium sachet	1 large sachet
plant-based cooking cream	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
water*	⅓ cup	⅔ cup
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
beef mince**	1 small packet	1 medium packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3575kJ (854Cal)	629kJ (150Cal)
Protein (g)	45.2g	8g
Fat, total (g)	33.2g	5.8g
- saturated (g)	16.1g	2.8g
Carbohydrate (g)	91.6g	16.1g
- sugars (g)	6.7g	1.2g
Sodium (mg)	2693mg	474mg
Custom Recipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3596kJ (859Cal)	633kJ (151Cal)
Protein (g)	48.7g	8.6g
Fat, total (g)	32.1g	5.7g
- saturated (g)	16.5g	2.9g
Carbohydrate (g)	91.6g	16.1g

The quantities provided above are averages only.

Allergens

- sugars (g)

Sodium (mg)

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.

2695mg





1.2g

474mg



Cook the anocchi

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When the oil is hot, fry **gnocchi**, tossing occasionally, until golden, **6-8 minutes**. Transfer to a plate.

TIP: Add extra oil if the gnocchi sticks to the pan.



Get prepped

- Meanwhile, slice **zucchini** into half-moons. Roughly chop **tomato**.
- Return pan to medium-high heat with a drizzle of olive oil.
- Cook **zucchini** and **tomato**, stirring, until softened, **4-6 minutes**. Transfer to a plate.



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.
- Add plant-based cooking cream, chicken-style stock powder and the water, return gnocchi and veggies to pan and toss until combined, 1 minute.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as pork mince. Drain oil from pan before continuing with the step.



Serve up

- Divide creamy pork and zucchini gnocchi between bowls.
- Top with **shaved Parmesan cheese** to serve. Enjoy!

Rate your recipe

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