



CREAMY MUSHROOM & PARMESAN GNOCCHI

with Rocket & Pear Salad



Fry gnocchi for extra flavour



Brown Onion



Garlic



Sliced Mushrooms



Gnocchi



Light Cooking Cream



Grated Parmesan Cheese



Baby Spinach Leaves



Pear



Rocket Leaves

Hands-on: 30 mins
Ready in: 30 mins

This mellow combination of buttery mushrooms, fragrant onion and baby spinach, tossed through golden pan-fried gnocchi, makes a meal that's homey and comforting. Served with a tasty rocket and pear salad, it's got the lot!

Pantry Staples: Olive Oil, Butter, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two large frying pans**



1 GET PREPPED

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press).



2 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **sliced mushrooms** and **butter** and cook until browned and softened, **8-10 minutes**.



3 PAN-FRY THE GNOCCHI

While the mushrooms are cooking, heat a second large frying pan over a medium-high heat with a **generous drizzle** of **olive oil**. When the oil is hot, add **1/2** the **gnocchi** in a single layer and fry, tossing occasionally, until golden, **6-8 minutes**. Season with a **pinch** of **salt** and **pepper**. Transfer to a plate. Repeat with the **remaining gnocchi**. **TIP:** *No need to boil the gnocchi before frying! Add more olive oil if the gnocchi is sticking to the pan.*



4 BRING EVERYTHING TOGETHER

Return the pan containing the **mushrooms** to a low heat and stir in the **light cooking cream**, **salt**, grated **Parmesan cheese** and **baby spinach leaves**. When the mixture is heated through, add the **gnocchi** to the pan and stir to combine.



5 PREP THE SALAD

Thinly slice the **pear** (see ingredients list). In a medium bowl, combine the **balsamic vinegar** and **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**). Add the **rocket leaves** and **pear** to the bowl with the dressing and toss to coat.



6 SERVE UP

Divide the creamy mushroom and Parmesan gnocchi between bowls. Serve with the rocket and pear salad.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
sliced mushrooms	1 packet (200g)	1 packet (375g)
butter*	20g	40g
gnocchi	1 packet (500g)	2 packets (1kg)
light cooking cream	1 packet (150ml)	2 packets (300ml)
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
pear	½	1
balsamic vinegar*	2 tsp	1 tbs
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3260kJ (780Cal)	499kJ (119Cal)
Protein (g)	27.2g	4.2g
Fat, total (g)	29.1g	4.5g
- saturated (g)	19.2g	2.9g
Carbohydrate (g)	97.6g	2.1g
- sugars (g)	13.9g	2.1g
Sodium (g)	1910mg	293mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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