

CREAMY MUSHROOM & PARMESAN GNOCCHI

with Rocket & Pear Salad





Fry gnocchi for extra flavour



Brown Onion









Sliced Mushrooms



Light Cooking Cream





Baby Spinach Leaves

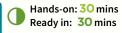




Rocket Leaves



Pantry Staples: Olive Oil, Butter, Balsamic Vinegar



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!

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

two large frying pans



T GET PREPPEDFinely 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.



PAN-FRY THE GNOCCHI
While the mushrooms are cooking, heat
a second large frying pan over a mediumhigh 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.



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.



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

ENJOY!

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*	1/4 tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
pear	1/2	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**

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