

## Cheat's Italian Pork & Veal Ragu

with Pan-Fried Potato Gnocchi





Fry gnocchi in a pan for a crisp finish



Red Onior



led Union



7ucchin



Cheddar Cheese



Parslev



Carlie



Italian Herbs



Pork & Veal Mince







Chicken Sto



Gnocchi



Rosemary

Hands-on: 30 mins Ready in: 40 mins Rich ragu coats these crispy gnocchi pillows for a perfectly indulgent Bolognese-adjacent dish that we just can't get enough of.

**Pantry Staples:** Olive Oil, Vinegar (Red Or White Wine)

## **BEFORE YOU** STAR

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, garlic crusher, box grater, two large frying pans, wooden spoon and a large plate.



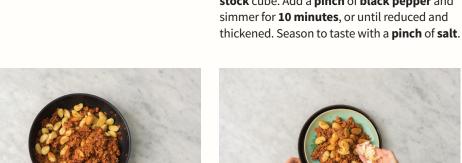
**GET PREPPED** Finely chop the **red onion**. Finely chop the carrot (unpeeled). Finely chop the zucchini. Pick and finely chop the **rosemary** leaves. Peel and crush the garlic. Finely chop the parsley leaves. Grate the Cheddar cheese.



**COOK THE VEGGIES** Heat a drizzle of olive oil in a large frying pan over a medium-high heat. Add the red onion, carrot and zucchini and cook for 5 minutes, or until softened. Add the rosemary, garlic and Italian herbs and cook for **1-2 minutes**, or until fragrant.



**COOK THE PORK & VEAL RAGU** Add the pork & veal mince to the pan with the veggies and cook, breaking up with a wooden spoon, for 4 minutes, or until browned. Add the vinegar and cook for 2 minutes, or until the liquid has evaporated. Add the passata and crumble in the chicken stock cube. Add a pinch of black pepper and simmer for 10 minutes, or until reduced and



FRY THE GNOCCHI While the ragu is cooking, heat a **good drizzle** of **olive oil** in a second large frying pan over a high heat. Once hot, add 1/2 the **gnocchi** and fry for **6 minutes**, or until golden. TIP: Cooking the gnocchi in two batches and in a single layer ensures that each gnocchi is cooked evenly. \*TIP: No need to boil the gnocchi first, it can go straight into the pan! Set aside on a large plate and season with a pinch of salt and pepper. Repeat with the remaining gnocchi.



ADD THE GNOCCHI TO THE RAGU Add the fried **gnocchi** to the pan with the pork & veal ragu and toss to coat.

**SERVE UP** Divide the pan-fried potato gnocchi and Italian pork and veal ragu between bowls. Sprinkle over the parsley and grated Cheddar.

Enjoy!

## **INGREDIENTS**

	4-5P
olive oil*	refer to method
red onion	1
carrot	2
zucchini	1
rosemary	1 bunch
garlic	3 cloves
parsley	1 bunch
Cheddar cheese	1 block (100 g)
Italian herbs	1 sachet (2 tsp)
pork & veal mince	1 packet
vinegar* (red or white wine)	2 tsp
passata	<b>1 carton</b> (500 g)
chicken stock	1 cube
gnocchi (use suggested amount)	1½ packets (750 g)

Pantry Items

PER SERVING	PER 100G
2950kJ (704Cal)	452kJ (108Cal)
46.3g	7.1g
22.5g	3.5g
10.1g	1.6g
74.6g	11.4g
11.6g	1.8g
1500mg	230mg
	2950kJ (704Cal) 46.3g 22.5g 10.1g 74.6g 11.6g

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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