



# Cheat's Italian Pork & Veal Ragu

with Pan-Fried Potato Gnocchi



Fry gnocchi in a pan for a crisp finish



Red Onion



Carrot



Zucchini



Cheddar Cheese



Parsley



Garlic



Italian Herbs



Pork & Veal Mince



Passata



Chicken Stock



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 START

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**.



### 1 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**.



### 2 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.



### 3 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 thickened. Season to taste with a **pinch of salt**.



### 4 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.



### 5 ADD THE GNOCCHI TO THE RAGU

Add the fried **gnocchi** to the pan with the pork & veal ragu and toss to coat.



### 6 SERVE UP

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

*Enjoy!*

## 4-5 PEOPLE 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	1 carton (500 g)
chicken stock	1 cube
gnocchi (use suggested amount)	1½ packets (750 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2950kJ (704Cal)	452kJ (108Cal)
Protein (g)	46.3g	7.1g
Fat, total (g)	22.5g	3.5g
- saturated (g)	10.1g	1.6g
Carbohydrate (g)	74.6g	11.4g
- sugars (g)	11.6g	1.8g
Sodium (g)	1500mg	230mg

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

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

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

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

2018 | WK5 | F

