



PAN-FRIED GNOCCHI

with Ricotta, Caramelised Pumpkin & Toasted Walnuts



Pan fry gnocchi for a golden finish



Peeled Pumpkin



Red Onion



Garlic



Parsley



Lemon



Walnuts



Gnocchi



Ricotta



Baby Spinach Leaves



Hands-on: 15 mins

Ready in: 25 mins

Looking for a little Rome-ance? This classic combination has stood the test of time. Just wait till you try these little parcels of crispy potato-ey goodness coated with creamy ricotta... It really is a match made in heaven.

Pantry Staples: Olive Oil, Butter, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **oven tray** lined with **baking paper**, **garlic crusher**, **large frying pan** and **wooden spoon**.



1 ROAST THE PUMPKIN

Preheat the oven to **220°C/200°C fan forced**. Chop the **peeled pumpkin** into 1 cm cubes. **TIP:** *Cutting the pumpkin to the correct size ensures it cooks in the allocated time.* Slice the **red onion** into 1 cm wedges. Place the pumpkin and onion on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Arrange in a single layer and roast in the oven for **20-25 minutes**, or until tender.



2 GET PREPPED

While the pumpkin is cooking, peel and crush the **garlic**. Finely chop the **parsley** leaves. Slice the **lemon** (**use suggested amount**) into wedges.



3 TOAST THE WALNUTS

Heat a large frying pan over a medium-high heat. Add the **walnuts** and toast for **3-4 minutes**, or until golden. Remove from the pan and set aside.



4 FRY THE GNOCCHI

Return the pan to a medium-high heat and add a **good drizzle** of **olive oil**. Once the oil is hot, add the **gnocchi** (**use suggested amount to ensure the finished dish tastes exactly the way we planned it**) in a single layer and fry, tossing occasionally, for **6 minutes**, or until golden. **TIP:** *If you don't have a large frying pan, you may need to do this in 2 batches.*



5 COMBINE IT ALL TOGETHER

Add the **butter** and **garlic** to the gnocchi and cook for **30 seconds**, or until the butter has melted and the garlic is fragrant. Add the **white wine vinegar** and cook for **1 minute**, or until evaporated. Remove the pan from the heat and stir through the **ricotta** (**use suggested amount**) and **water** (**check ingredients list for the amount**). Add the **salt** (**use suggested amount**) and a pinch of **pepper**. Stir through the **baby spinach leaves**, **pumpkin** and **red onion**. **TIP:** *Add a dash more water to loosen the ricotta if you like.*



6 SERVE UP

Divide the pan-fried gnocchi with ricotta caramelised pumpkin between plates. Sprinkle over the toasted walnuts and garnish with the parsley. Serve the lemon wedges on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet	1 packet
red onion	1	2
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
lemon	½	1
walnuts	1 packet	2 packets
gnocchi	¾ packet (375 g)	1 ½ packets (750 g)
butter*	20g	40g
white wine vinegar*	1 tbs	2 tbs
ricotta	½ tub (125 g)	1 tub (250 g)
water*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2620kJ (627Cal)	491kJ (117Cal)
Protein (g)	20.9g	3.9g
Fat, total (g)	23.7g	4.4g
- saturated (g)	10.8g	2.0g
Carbohydrate (g)	80.1g	15.0g
- sugars (g)	12.6g	2.4g
Sodium (g)	1610mg	301mg

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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