



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK47  
2016



## Walnut & Sundried Tomato Gnocchi with Pesto

Gnocchi is a great base for sopping up all sorts of wonderful flavours, like this dazzling combination of mushrooms, crunchy walnuts and sundried tomatoes. We love using these sundried toms – they add hours of slow marinated flavour to your dish in seconds. Don't forget to dry your gnocchi for a really crispy finish!



**Prep:** 15 mins

**Cook:** 15 mins

**Total:** 30 mins



level 1



low sodium



omega 3 rich

### Pantry Items



Olive Oil



Gnocchi



Brown Onion



Button  
Mushrooms



Green Beans



Walnuts



Sundried  
Tomatoes



Traditional Pesto



Lemon

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
¾ packet	1 ½ packets	gnocchi ( <i>Note: using extra gnocchi will alter the flavour</i> )
1 tbs	2 tbs	olive oil *
½	1	brown onion, finely sliced
1 punnet	2 punnets	button mushrooms, thinly sliced
1 packet	2 packets	green beans, ends trimmed
1 packet	2 packets	walnuts, roughly chopped
1 tub	2 tubs	sundried tomatoes, roughly chopped
1 tub	2 tubs	traditional pesto
½	1	lemon, sliced into wedges

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3020	Kj
Protein	19.6	g
Fat, total	34.6	g
-saturated	3.5	g
Carbohydrate	78.8	g
-sugars	12.6	g
Sodium	140	mg

2

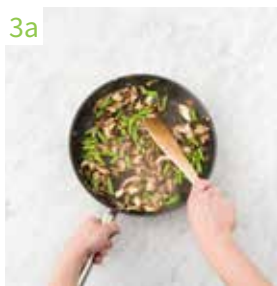


**You will need:** *chef's knife, chopping board, medium saucepan, colander, plate, tea towel, large frying pan and wooden spoon.*

**1** Bring a large pot of water to the boil. Add the **gnocchi**, stir once to stop it from sticking together, and cook until the first gnocchi rises to the surface (approximately **2-3 minutes**). Pour into a colander, rinse lightly with cold water and drain really well. Lay on a flat tea towel to absorb any remaining water.

**Tip:** Check you are using the correct amount of gnocchi. Using more will alter the flavour of your dish.

3a



**2** Heat half of the **olive oil** in a large frying pan over a medium-high heat. Add the gnocchi and fry for **3-4 minutes**, or until they are golden brown. Remove and set aside.

**3** Add the remaining olive oil to the same pan with the **brown onion**, **button mushrooms** and **green beans**. Cook for **5 minutes**, or until the onion, mushroom and green beans are soft. Add the **walnuts** and cook for a further **2 minutes**, or until toasted.

3b



**4** Return the gnocchi to the pan with the vegetables and walnuts. Cook, stirring, until heated through. Remove the gnocchi from the heat and stir through the **sundried tomatoes** and **traditional pesto**. Season to taste with **salt** and **pepper**.

4



**5** To serve, divide the gnocchi between bowls and top with a fresh squeeze of **lemon**. Enjoy!

**Did you know?** Gnocchi is originally a Germanic word meaning “lump” or “knot”.