



Everything
But The Chef

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Crispy Gnocchi with Roasted Pumpkin & Ricotta

The Italian painters of the Renaissance relied on light, shadow, form and perspective to compose their masterpieces. We've taken a leaf out of their book for this recipe: a base of delectable gnocchi with toasty pine nuts, sweet roasted pumpkin and creamy ricotta. Pump up the classical music and get sophisticated with it!

Prep: 5 mins
Cook: 25 mins
Total: 30 mins
low sodium
winter warmers
level 2

Pantry Items: Olive Oil, Butter, White Wine



Pumpkin



Pine Nuts



Gnocchi



Garlic



Ricotta



Rocket



Parsley

2P	4P	Ingredients
1 portion	2 portions	pumpkin, peeled & cut into 1 cm cubes
1 tbs	2 tbs	olive oil *
½ packet	1 packet	gnocchi
1 ½ tbs	3 tbs	pine nuts
1 tbs	1 tbs	butter *
1 clove	2 cloves	garlic, peeled & crushed
1 tbs	1 tbs	white wine *
½ tub	1 tub	ricotta
1 bag	2 bags	rocket, washed
½ bunch	1 bunch	parsley leaves finely chopped, to garnish

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2830	Kj
Protein	26	g
Fat, total	32.8	g
-saturated	14.3	g
Carbohydrate	63.2	g
-sugars	16.2	g
Sodium	388	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chopping board, chef's knife, garlic crusher, paper towel, oven tray, baking paper, medium saucepan, medium frying pan, stirring spoon.*

1 Preheat the oven to **200°C/180°C** fan forced. Line an oven tray with baking paper.

2 Toss the **pumpkin** in half of the **olive oil** and season with **salt** and **pepper**. Place in a single layer on the prepared oven tray. Cook in the oven for **20-25 minutes**, or until tender.



3 Bring a medium saucepan of salted water to the boil. Add the **gnocchi** and cook until the gnocchi floats to the surface, this should take approximately **2-3 minutes**. Drain and pat dry with a paper towel. (This will help it crisp up in the pan).

4 Meanwhile, place a medium frying pan over a medium heat and toast the **pine nuts** until golden. Set aside.



5 Heat the remaining oil and the **butter** in the same medium frying pan. Add the gnocchi, turning occasionally, and fry for **4-5 minutes**, or until golden. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **white wine** and cook for **2 minutes**, or until reduced slightly. Fold through the **ricotta** and season with salt and pepper. Remove from the heat. Gently fold through the **rocket**, pumpkin and half of the pine nuts.

6 To serve, divide the gnocchi between plates and season with salt and pepper. Sprinkle with the remaining pine nuts and garnish with some **parsley**.



Did you know? In some South American countries, there is a tradition of eating gnocchi on the 29th of each month and also to leave a coin underneath the plate to attract abundance and prosperity.