



BACON GNOCCHI CARBONARA

with Spinach & Pear Salad



Make a speedy carbonara sauce



Gnocchi



Brown Onion



Garlic



Pear



Cucumber



Bacon



Grated Parmesan Cheese



Pure Cream



Chicken Stock



Pine Nuts



Baby Spinach Leaves

Hands-on: **30** mins
Ready in: **35** mins

Pillowy potato gnocchi pairs perfectly with cheesy bacon carbonara. Try saying that 10 times, fast! This tongue twister is also a tastebud pleaser, especially with the crisp spinach and pear salad served on the side.

Pantry Staples: Olive Oil, Balsamic Vinegar, Honey, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- large frying pan



1 ROAST THE GNOCCHI

Preheat the oven to **240°C/220°C fan-forced**. Place **1 1/2 packets** of **gnocchi** in a large bowl with **1/4 cup** of **olive oil** and a **pinch** of **salt** and **pepper**. Toss well to coat, then spread out evenly over an oven tray lined with baking paper. Roast on the top rack of the oven until tender and lightly browned, **15-20 minutes**.



2 GET PREPPED

While the gnocchi is roasting, thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **pear**. Thinly slice the **cucumber** into half-moons. Cut the **bacon** into 1cm pieces. In a medium bowl, combine the **balsamic vinegar**, **honey** and **4 tsp** of **olive oil**.



3 MAKE THE CARBONARA SAUCE

Crack the **eggs** into a medium bowl and whisk with a fork. Add the **grated Parmesan cheese**, **1/2 bottle** of **pure cream**, **1 chicken stock** cube and a **generous pinch** of **pepper**. Mix well and set aside.



4 COOK THE PINE NUTS & BACON

Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **bacon** and cook until golden, **7-8 minutes**. Add the **onion** and cook until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.



5 BRING IT ALL TOGETHER

To the frying pan, add the roasted **gnocchi** and **1/2** the **baby spinach leaves** and stir until the spinach wilts. Remove the pan from the heat and pour in the **carbonara sauce** and **1/4 cup** of **warm water**. **TIP:** *Removing the pan from the heat before adding the egg is important to avoid the egg scrambling.* Mix well to combine. Season to taste with **salt** and **pepper**. **TIP:** *If the sauce looks too thick, add a splash more water until the sauce is creamy and silky.*



6 SERVE UP

Divide the bacon carbonara gnocchi between bowls. Sprinkle the toasted pine nuts over the adults' portions. To the bowl with the salad dressing, add the pear, cucumber and remaining baby spinach leaves. Toss to coat and serve on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
gnocchi	1 1/2 packets (750g)
brown onion	1
garlic	3 cloves
pear	1
cucumber	1
bacon	1 packet
balsamic vinegar*	2 tsp
honey*	1 tsp
eggs*	2
grated Parmesan cheese	3 packets (90g)
pure cream	1/2 bottle (150ml)
chicken stock	1 cube
pine nuts	2 packets
baby spinach leaves	1 bag (180g)
warm water*	1/4 cup

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3140kJ (751Cal)	593kJ (142Cal)
Protein (g)	33.1g	6.3g
Fat, total (g)	34.3g	6.5g
- saturated (g)	14.4g	2.7g
Carbohydrate (g)	74.8g	14.1g
- sugars (g)	11.7g	2.2g
Sodium (g)	1960mg	369mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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