



# Creamy Mushroom Gnocchi with Broccoli

**CLASSIC** 30 Minutes • 1.5 of your 5 a day • Veggie

N° 7



Gnocchi



Shallot



Garlic Clove



Chestnut Mushrooms



Flat Leaf Parsley



Broccoli Florets



Vegetable Stock Powder



Crème Fraîche



Truffle Zest



Hard Italian Style Grated Cheese

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Large Saucepan, Fine Grater (or Garlic Press), two Frying Pans, a Measuring Jug and Colander.

### Ingredients

	2P	3P	4P
Gnocchi <b>13</b> )	300g	450g	600g
Shallot**	1	1.5	2
Garlic Clove**	2	3	4
Chestnut Mushrooms**	1 small punnet	1 large punnet	1 large punnet
Flat Leaf Parsley**	½ bunch	1 bunch	1 bunch
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Vegetable Stock Powder <b>10</b> )	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Crème Fraîche <b>7</b> )**	150g	150g	300g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Hard Italian Style Grated Cheese <b>7</b> ) <b>8</b> )**	1 pack	1½ packs	2 packs

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	463g	100g
Energy (kJ/kcal)	2318 / 554	501 / 120
Fat (g)	29	6
Sat. Fat (g)	14	3
Carbohydrate (g)	61	13
Sugars (g)	6	1
Protein (g)	21	5
Salt (g)	2.26	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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### 1. Fry the Gnocchi

Preheat your oven to 200°C. Heat a drizzle of **oil** in a large frying pan over medium heat and add the **gnocchi**. Cook, stirring occasionally, until golden all over, about 8 mins. Once cooked, remove from the pan and set aside (keep the pan!). **TIP: Fry the gnocchi in batches if your pan isn't large enough!**



### 4. Cook the Sauce

Add the **vegetable stock powder** and **water** (see ingredients for amount) to the frying pan. Season with a pinch of **pepper**. Stir to dissolve the **stock** and simmer over medium heat until thickened, 8-10 mins.



### 2. Prep the Veggies

Meanwhile, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Thinly slice the **mushrooms**. Finely chop the **parsley** (stalks and all). Pop the **broccoli florets** on a roasting tray and drizzle with **oil** and add a pinch of **salt** and **pepper**. Roast until golden and just tender, 10-12 mins.



### 5. Finish the Sauce

Stir the **crème fraîche** and **truffle powder** into the **mushroom sauce**. **Tip: add a bit of the truffle powder then taste and add as much as you like - it has a strong flavour!** Once heated through, add the **gnocchi**, **broccoli** and **half the parsley**. Give it a good stir, then season to taste with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** is a bit thick.



### 3. Fry the Veggies

Return the now empty frying pan to high heat and add a splash of **oil**. Add the **mushrooms** (in batches if necessary - don't overcrowd the pan or they will sweat not fry!) and a pinch of **salt** and **pepper**. Cook, stirring occasionally, until they are golden brown, 5 mins. Reduce the heat to medium-low and add the **shallot**. Cook, stirring, for 3-4 mins, then add the **garlic** and cook for 1 minute more.



### 6. Serve and Enjoy

Divide the **creamy gnocchi** between bowls. Top with the **hard Italian style grated cheese** and a sprinkling of the remaining **parsley**.

**Buon Appetito!**