



GARLICKY MUSHROOM GNOCCHI

with Cavolo Nero and Goat's Cheese



HELLO GNOCCHI

Gnocchi is Italian for 'dumpling' One on it's own is called Gnoccho.



Gnocchi



Closed Cup Mushrooms



Easy Garlic



Chopped Cavolo Nero



Goat's Cheese



Flat Leaf Parsley



Crème Fraîche

MEAL BAG

20 mins

1.5 of your 5 a day

Rapid recipe

Veggie

Comforting, quick and packed with delicious flavour, our 20-minute gnocchi is the perfect go-to recipe for busy evenings. These versatile Italian potato dumplings can be baked, fried or boiled but for this recipe, to save you time, we've fried the gnocchi to give them a buttery melt-in-the-mouth texture which works perfectly with the velvety crème fraîche sauce. Serve in deep bowls, top with the remaining crumbled goat's cheese, and dig in!

GET **PREPARED!**

Fill and boil your Kettle.

BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Frying Pan, Large Saucepan** and **Colander**. Let's start cooking the **Garlicky Mushroom Gnocchi with Cavolo Nero and Goat's Cheese**.



1 GET PREPPED

- Thinly slice the **mushrooms**.
- Roughly chop the **parsley** (stalks and all).
- Heat a glug of **oil** in a large frying pan over high heat.



2 FRY THE MUSHROOMS

- When hot, add the **mushrooms** and a pinch of **salt** and **pepper**. Fry until golden, stirring occasionally, 4-5 mins. Transfer to a bowl.
- Keep the pan on the heat and add another splash of **oil**. Add the **gnocchi** to the pan and cook, turning frequently until the **gnocchi** are golden all over, 5-6 mins.



3 COOK THE CAVOLO NERO

- Meanwhile, fill a large saucepan with the boiling **water** from the kettle and pop onto high heat. Bring it back to the boil.
- Add the **cavolo nero** and a pinch of **salt** to the pan of boiling water.
- Bring back to the boil and cook for 3 mins.
- Drain into a colander.



4 ADD THE GARLIC

- Once the **gnocchi** are golden, reduce the heat to medium and stir in the **easy garlic**.
- Cook for a 1 minute then return the **mushrooms** to the pan.
- Stir in the drained **cavolo nero**.



5 MAKE THE SAUCE

- Stir the **crème fraîche** into the pan.
- Bring to the boil, then lower the heat and simmer until thickened slightly, 1-2 mins.
- Crumble in **half** the **goat's cheese**. Stir to melt and remove from the heat.
- Mix in **half** the **parsley**.



6 FINISH AND SERVE

- Mix to coat the **gnocchi**. Season to taste with **salt** and **pepper**. ★ **TIP:** Add a splash of water if it needs it.
- Share between your bowls and crumble over the remaining **goat's cheese** and **parsley**.

2-4 PEOPLE INGREDIENTS

| | 2P | 3P | 4P |
|------------------------|----------------|----------------|----------------|
| Gnocchi 13) | ¾ pack | 1 pack | 1½ packs |
| Closed Cup Mushrooms * | 1 small punnet | ¾ large punnet | 1 large punnet |
| Easy Garlic * | ½ sachet | ¾ sachet | 1 sachet |
| Cavolo Nero * | 1 small bag | 1 medium bag | 1 large bag |
| Goat's Cheese 7) * | 1 log | 1½ logs | 2 logs |
| Flat Leaf Parsley * | 1 bunch | 1 bunch | 1 bunch |
| Crème Fraîche 7) * | ¾ pouch | 1 pouch | 1½ pouches |

* Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 442G | PER 100G |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal) | 2625 / 628 | 595 / 142 |
| Fat (g) | 33 | 7 |
| Sat. Fat (g) | 17 | 4 |
| Carbohydrate (g) | 70 | 16 |
| Sugars (g) | 5 | 1 |
| Protein (g) | 21 | 5 |
| Salt (g) | 2.01 | 0.46 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

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

👍 THUMBS UP OR THUMBS DOWN?

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Dig in!