



CREAMY MUSHROOM & PARMESAN GNOCCHI

with Rocket & Pear Salad



Fry gnocchi for extra flavour



Brown Onion



Garlic



Button Mushrooms



Gnocchi



Pure Cream



Shaved Parmesan Cheese



Baby Spinach Leaves



Pear



Rocket Leaves

Hands-on: **30-40mins**
Ready in: **30-40mins**

Eat me early

This mellow combination of buttery mushrooms, fragrant onion and baby spinach, tossed through golden pan-fried gnocchi, makes a meal that's homey and comforting. Served with a tasty rocket and pear salad, it's got the lot!

Pantry Staples: Olive Oil, Butter, Balsamic Vinegar

BEFORE YOU START

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

- **two large frying pans**



1 GET PREPPED

Finely chop the **brown onion** and **garlic** (or use a garlic press). Thinly slice the **button mushrooms**.



2 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the sliced **mushrooms** and **butter** and cook until browned and softened, **8-10 minutes**.



3 PAN-FRY THE GNOCCHI

Heat a separate large frying pan over a medium-high heat with a **generous drizzle** of **olive oil**. When the oil is hot, add **1/2** the **gnocchi** in a single layer and fry, tossing occasionally, until golden, **6-8 minutes**. Season with a **pinch** of **salt** and **pepper**. Transfer to a plate. Repeat with the **remaining gnocchi**. **TIP:** Add more olive oil if the gnocchi is sticking to the pan. **TIP:** No need to boil the gnocchi before frying!



4 BRING EVERYTHING TOGETHER

Return the pan with the **mushrooms** to a low heat and stir in the **pure cream** (see **ingredients list**), **salt**, **shaved Parmesan cheese** and **baby spinach leaves**. When the mixture is heated through, add the pan-fried **gnocchi** to the creamy **mushroom mixture** and stir to combine.



5 PREP THE SALAD

Thinly slice the **pear** (see **ingredients list**). In a medium bowl, combine the **balsamic vinegar** and **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**). Add the **rocket leaves** and **pear** to the bowl with the dressing and toss to coat.



6 SERVE UP

Divide the creamy mushroom and Parmesan gnocchi between bowls. Serve with the rocket and pear salad.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
button mushrooms	1 punnet (250g)	1 punnet (400g)
butter*	20g	40g
gnocchi	1 packet (500g)	2 packets (1kg)
pure cream	½ bottle (150ml)	1 bottle (300ml)
salt*	¼ tsp	½ tsp
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
pear	½	1
balsamic vinegar*	2 tsp	4 tsp
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3800kJ (908Cal)	582kJ (139Cal)
Protein (g)	26.6g	4.1g
Fat, total (g)	42.8g	6.5g
- saturated (g)	26.7g	4.1g
Carbohydrate (g)	96.6g	14.8g
- sugars (g)	12.9g	2.0g
Sodium (g)	1910mg	292mg

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
Hello@HelloFresh.co.nz

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