



# Creamy Mushroom & Parmesan Gnocchi

with Rocket & Pear Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sliced Mushrooms



Gnocchi



Light Cooking Cream



Grated Parmesan Cheese



Baby Spinach Leaves



Pear



Rocket Leaves

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

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 pure comfort. Served with a tasty rocket and pear salad, it's got the lot!

### Pantry items

Olive Oil, Butter, Balsamic Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Two large frying pans

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
sliced mushrooms	1 punnet (150g)	1 punnet (300g)
butter*	20g	40g
gnocchi	1 packet	2 packets
light cooking cream	1 packet (150ml)	2 packets (300ml)
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
pear	½	1
balsamic vinegar*	½ tbs	1 tbs
rocket leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3559kJ (850Cal)	589kJ (140Cal)
Protein (g)	25g	4.1g
Fat, total (g)	39.9g	6.6g
- saturated (g)	20.6g	3.4g
Carbohydrate (g)	98g	16.2g
- sugars (g)	12.2g	2g
Sodium (mg)	1899mg	314mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Finely chop the **brown onion**. Finely chop the **garlic**.



## Cook the veggies

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and cook, stirring, until softened, **5 minutes**. Add the **sliced mushrooms** and **butter** and cook until browned and softened, **8-10 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**.



## Pan-fry the gnocchi

Heat a generous drizzle of **olive oil** in a separate large frying pan over a medium-high heat. 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 **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!



## Bring everything together

Return the pan containing the **mushrooms** to a low heat and stir in the **light cooking cream**, **salt**, **grated Parmesan cheese** (reserve some for garnish!) and **baby spinach leaves** until wilted, **1-2 minutes**. When the mixture is heated through, add the **gnocchi** to the pan and stir to combine.



## Prep the salad

Thinly slice the **pear** (see ingredients). In a medium bowl, combine the **balsamic vinegar** and a good drizzle of **olive oil**. Add the **rocket leaves** and **pear** to the **dressing** and toss to coat.



## Serve up

Divide the creamy mushroom and Parmesan gnocchi between bowls. Sprinkle over any reserved Parmesan. Serve with the rocket and pear salad.

## Enjoy!