



More Than Food
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Pan-Fried Gnocchi Pomodoro with Walnut Chive Pesto

Gnocchi with pesto is an all time favourite and we've given this one a fresh twist, by pan-frying the gnocchi to give it a beautiful crisp texture. We've also mixed up the pesto by replacing the usual basil and pine nuts with chives and walnuts. This dish went down a treat at the HelloFresh Farm, we hope your family loves it too!



30 mins



4 of your 5 a day



veggie



Onion (1)



Red Pepper (1)



Garlic Clove (1)



Basil (½ bunch)



Tomato Purée (2 tbsp)



Chopped Tomatoes (1 tin)



Gnocchi (500g)



Walnuts (25g)



Chives (1 bunch)



Lemon (½)



Olive Oil (2 tbsp)



Crème Fraîche (1 pot)



Baby Spinach (1 bag)

2 PEOPLE INGREDIENTS

- Onion, chopped
- Red Pepper, chopped
- Garlic Clove, grated
- Basil, chopped
- Tomato Purée
- Chopped Tomatoes
- Gnocchi

- 1**
- 1**
- 1**
- ½ bunch**
- 2 tbsp**
- 1 tin**
- 500g**

- Walnuts
- Chives, chopped
- Lemon
- Olive Oil
- Crème Fraîche
- Baby Spinach

- 25g**
- 1 bunch**
- ½**
- 2 tbsp**
- 1 pot**
- 1 bag**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Fresh basil has a clove-like flavour whereas dried basil has a curry-like flavour.

Allergens: Gluten, Milk, Nut.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbohydrate | Sugars | Protein | Salt |
|--------------------|--------------------|------|----------|--------------|--------|---------|-------|
| Per serving | 712 kcal / 2978 kJ | 37 g | 14 g | 78 g | 13 g | 16 g | 0.3 g |
| Per 100g | 125 kcal / 524 kJ | 6 g | 2 g | 14 g | 2 g | 3 g | 0 g |

1



1 Cut the **onion** in half through the root, peel and chop into roughly ½cm pieces. Remove the core from the **red pepper**, cut into thin slices and then chop into 1cm pieces. Peel and grate the **garlic** (or use a garlic press if you have one). Pull the **basil leaves** off their **stalks** (keep the **leaves** to one side) and finely chop the **stalks**.

2



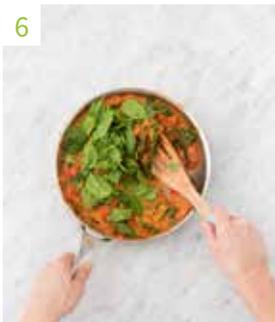
2 Put a large frying pan on medium heat and drizzle in some **oil**. Add your **onion** and cook for 5 mins until soft, then add your **pepper** along with a good pinch of **salt** and a grind of **black pepper**. Cook for a further 5 mins. Add your **garlic** and **basil stalks** and cook for 1 minute, then add the **tomato purée** and **chopped tomatoes**. Bring to the boil, then reduce the heat to low and let your **sauce** simmer gently for 10 mins, while you cook the gnocchi and prepare the pesto. **Tip:** *Stir the sauce from time to time!*

3



3 Put a large frying pan on medium-high heat with a good glug of **oil** and add the **gnocchi**. Cook for 8-10 mins, stirring to turn your **gnocchi** occasionally, until it is golden and crispy.

4



4 While your sauce and gnocchi are cooking, make your quick **pesto!** Roughly chop the **walnuts** (or put them in a freezer bag and bash them with a rolling pin!) and chop the **chives** into ½cm pieces. **Tip:** *Use scissors for the chives if you want!* Pop your **walnuts** and **chives** into a bowl and add a good squeeze of **lemon juice** and the **olive** (amount specified in the ingredient list). Season with a pinch of **salt** and a grind of **black pepper** and stir everything together.

5 Once your **gnocchi** is golden, remove the pan from the heat.

6 Remove your **sauce** from the heat as well and stir in the **crème fraîche**. When your **crème fraîche** is mixed in, add the **baby spinach** and stir until it wilts. Taste, and add more **salt** and **pepper** if necessary. Pour your **sauce** into your **gnocchi** and mix well.

7 Serve your **gnocchi** in bowls. Tear your **basil leaves** over the top and spoon over your **walnut chive pesto**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!