



PAN-FRIED GNOCCHI & ROAST PUMPKIN

with Ricotta & Pine Nuts



Pan fry gnocchi for
a golden finish



Hands-on: 25 mins
Ready in: 35 mins

Looking for a little Rome-ance? This classic combination has stood the test of time. Just wait till you try these little parcels of crispy potato-ey goodness coated with creamy ricotta... It really is a match made in heaven.



Pantry Staples: Olive Oil, Butter, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **oven tray** lined with **baking paper** • **large frying pan**



1 ROAST THE PUMPKIN

Preheat the oven to **220°C/200°C fan-forced**. Chop the **peeled pumpkin** into 1cm cubes. Slice the **red onion** into 1cm wedges. Pick the **thyme** leaves. Place the pumpkin, onion and thyme on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch of salt** and **pepper**. Arrange in a single layer and roast for **20-25 minutes**, or until tender. **TIP:** Cut the pumpkin to the correct size so it cooks in the allocated time.



2 GET PREPPED

While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves.



3 TOAST THE PINE NUTS

Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, for **3-4 minutes**, or until golden. Transfer to a plate and set aside.



4 FRY THE GNOCCHI

Return the pan to a medium-high heat and add a **generous drizzle** of **olive oil**. When the oil is hot, add the **gnocchi** (see **ingredients list**) in a single layer and fry, tossing occasionally, for **6-8 minutes**, or until golden. Season with a **pinch of salt** and **pepper**. **TIP:** If the gnocchi doesn't fit in a single layer, fry in batches so it becomes golden. Add more **olive oil** if the gnocchi sticks to the pan.



5 BRING IT ALL TOGETHER

Add the **butter** and **garlic** to the gnocchi and cook for **30 seconds**, or until fragrant. Add the **vinegar** and cook for **1 minute**, or until evaporated. Remove the pan from the heat and stir through the **ricotta** (see **ingredients list**) and **water**. Season with the **salt** and a **pinch of pepper**. Stir through the **baby spinach leaves**, **pumpkin** and **red onion**. Add a **squeeze** of **lemon juice** and stir to combine. **TIP:** Add another **splash** of **water** to loosen the mixture if you like. Seasoning is key in this dish, so taste and season with extra **lemon juice**, **salt** or **pepper** if you wish!



6 SERVE UP

Divide the pan-fried gnocchi with ricotta and roast pumpkin between plates. Sprinkle over the toasted pine nuts and garnish with the parsley and extra lemon.

ENJOY!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet (200 g)	1 packet (400 g)
red onion	1	2
thyme	1 bunch	1 bunch
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
pine nuts	1 packet	2 packets
gnocchi	¾ packet	1½ packets
butter*	20 g	40 g
vinegar* (white wine or red wine)	4 tsp	2½ tbs
ricotta	½ tub (125 g)	1 tub (250 g)
water*	3 tbs	½ cup
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
lemon	½	1

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3120kJ (746Cal)	534kJ (128Cal)
Protein (g)	22.1g	3.8g
Fat, total (g)	34.8g	6.0g
- saturated (g)	12.5g	2.1g
Carbohydrate (g)	83.0g	14.2g
- sugars (g)	16.1g	2.8g
Sodium (g)	1630mg	279mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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