



Veggie Loaded Gnocchi

with Red Pesto & Pine Nuts



HELLO PINE NUT

You may have guessed from its name that a pine nut is the edible seed from a pine tree.



Courgette



Cherry Plum Tomatoes



Pine Nuts



Gnocchi



Baby Spinach



Crème Fraîche



Red Pesto

One pot wonder

30 mins

2.5 of your 5 a day

Veggie

These versatile Italian potato dumplings are beautiful baked, fried or boiled. In this recipe, we've pan fried them to give a lovely crispy edge which works perfectly with its creamy veg packed sauce. If you're looking for a dish that will warm and nourish you from the inside out, then you've struck gold with this deliciously simple recipe.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 PREP TIME

Remove the top and bottom from the **courgette**, cut lengthways into 1cm strips then chop into 1cm chunks. Halve the **cherry plum tomatoes** through the equator.



2 TOAST YOUR NUTS

Heat a frying pan over medium heat. Add the **pine nuts** (no oil) and toast them until golden brown, stirring occasionally, 2-3 mins. **★ TIP:** *Be careful! Your nuts can burn easily so watch them like a hawk!* Remove from your pan to a plate and set aside to cool. Don't wash your pan, you'll use it in the next step!



3 COOK THE VEGGIES

Heat a drizzle of **oil** in your frying pan on high heat. Add the **courgette** along with a pinch of **salt** and **pepper**. Cook, stirring occasionally until browned, 4-5 mins. Then remove from the pan to a clean bowl and set aside for later. Add another drizzle of **oil** to your pan, reduce the heat to medium and add the **tomatoes** with a pinch of **sugar** (if you have some). Cook until softened, 4 mins. Add them to the bowl of **courgette**.



4 FRY THE GNOCCHI

Wipe out your frying pan with kitchen paper, then pop back on medium heat. Add a glug of **oil**, break up the **gnocchi** and add it to your pan. Stir and cook until crispy around the edges, 8-10 mins.



5 STIR TOGETHER

Add the **baby spinach** to the **gnocchi**. Stir everything together until the **spinach** wilts, 2-3 mins. Take the pan off the heat and mix in the **crème fraîche**, **red pesto**, **courgette**, **tomatoes** and **half** the **pine nuts**. Taste and add more **salt** and **pepper** if you feel it needs it.



6 SERVE

Divide between your bowls and top with the remaining **pine nuts**. **Buon appetito!**

2 PEOPLE INGREDIENTS

Courgette, chopped	1
Cherry Plum Tomatoes, halved	1 punnet
Pine Nuts	25g
Gnocchi ¹³	300g
Baby Spinach	1 small bag
Crème Fraîche ⁷	1 small pot
Red Pesto	60g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	664	126
(kJ)	2762	522
Fat (g)	39	7
Sat. Fat (g)	14	3
Carbohydrate (g)	62	12
Sugars (g)	11	2
Protein (g)	17	3
Salt (g)	3.32	0.63

ALLERGENS

⁷) Milk ¹³) Gluten

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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