



Gnocchi Primavera

with Courgette and Cherry Tomatoes



HELLO PINE NUTS

In case you were wondering, pine nuts really do come from pine cones!



Cherry Tomatoes



Courgette



Garlic Clove



Pine Nuts



Basil



Crème Fraîche



Italian Style Grated Hard Cheese



Gnocchi

Juicy cherry tomatoes combine beautifully with plump little gnocchi, fried until they're golden. Add a creamy pesto sauce and it becomes a symphony of summery flavour... even if the weather doesn't quite feel like summer yet!

30 mins

2 of your 5 a day

Veggie

MEAL BAG



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**) and a **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Quarter the **cherry tomatoes**. Remove the top and bottom from the **courgette**. Cut lengthways into 1cm wide strips, then chop into 1cm chunks.



2 MAKE THE PESTO

Peel and grate the **garlic** (or use a garlic press). Finely chop the **pine nuts** and **three-quarters** of the **basil** (stalks and all). **★ TIP:** *If you have a pestle and mortar, use that. If not, make sure you chop everything as small as possible - no bigger than a grain of rice.* Put the **crème fraîche** in a small bowl and mix in the **garlic, pine nuts, chopped basil** and **Italian style cheese**. Season with **pepper**. Stir and set aside.



3 FRY THE GNOCCHI!

Put a drizzle of **oil** in a frying pan on high heat. When hot, add the **gnocchi** and fry until golden, 6-8 mins. Stir every minute or so to make sure the **gnocchi** doesn't burn. Season with a pinch of **salt** and a grind of **pepper**.



4 COOK THE COURGETTE

Add the **courgette** to the pan. Fry until softened, another 3-4 mins.



5 ADD THE TOMATOES

Now add the **cherry tomatoes** to the pan. Cook for 1-2 mins more or until they are warmed through.



6 FINISH AND SERVE

Take the pan off the heat and mix in the **creamy pesto**. Serve the **gnocchi** in bowls, topped with the remaining **basil leaves**. **Buon appetito!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Cherry Tomatoes	1 punnet	1 large punnet	1 large punnet
Courgette	1	1	2
Garlic Clove	½	1	1
Pine Nuts 2)	25g	40g	50g
Basil	1 bunch	1 bunch	1 bunch
Crème Fraîche 7)	½ small pouch	¾ small pouch	1 small pouch
Italian Style Grated Hard Cheese 7)	1 pack	1½ packs	2 packs
Gnocchi 13)	¾ pack	1 pack	1½ packs

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 464G	PER 100G
Energy (kcal)	555	120
(kJ)	2320	500
Fat (g)	23	5
Sat. Fat (g)	8	2
Carbohydrate (g)	71	15
Sugars (g)	7	2
Protein (g)	20	4
Salt (g)	1.58	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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