



Pan-Fried Gnocchi

with Pancetta and Homemade Crème Fraîche Pesto



HELLO TOMATO

The tomato is the world's most popular fruit with more than 60 million tons produced worldwide.



Cherry Tomatoes



Courgette



Basil



Pine Nuts



Crème Fraîche



Italian Style Grated Hard Cheese



Pancetta



Gnocchi

MEAL BAG

30 mins

2.5 of your 5 a day

2

We want your family to eat only the best, which is why we know that food is about so much more than taste alone. Texture, colour and smell all play a part in the wonderful ensemble that is the perfect dinner. For this dish, we combined the chewy deliciousness of gnocchi and the colours and aromas of fresh basil and cherry tomatoes, to create a symphony that would make even Mozart proud.

BEFORE YOU START

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



1 PREP TIME

Cut the **cherry tomatoes** into quarters. Trim the **courgette**. Cut in half lengthways, then cut each half lengthways into 3 strips. Chop the **courgette** into roughly 1cm cubes.



2 MAKE THE PESTO

Pick the **basil leaves** from their stalks. Discard the stalks. Chop **two-thirds** of the **basil** and all the **pine nuts** as finely as possible. **★ TIP:** *Everything should be smaller than a grain of rice.* Mix the **basil** and **pine nuts** into the **crème fraîche** in a small bowl. Stir in your **cheese** and a grind of **black pepper**. Taste and add **salt** if you feel it needs it. This is your **crème fraîche pesto**!



3 STIR-FRY THE COURGETTE

Heat a splash of **oil** in a frying pan on high heat. When hot, stir-fry the **courgette** until browned and soft enough to eat, 4-5 mins. Season with a pinch of **salt** and **pepper**. Transfer to a plate and keep to one side.



4 COOK THE PANCETTA

In your now empty frying pan add another splash of **oil** if necessary and cook the **pancetta** until crispy, 3-4 mins. Add the **cherry tomatoes** and cook until the **cherry tomatoes** begin to soften, another 4 mins. Transfer to the plate with the **courgettes**.



5 NOW THE GNOCCHI

Add another drizzle of **oil** to the pan and return it to medium-high heat. Add the **gnocchi** and fry until the **gnocchi** are crispy around the edges, 8-10 mins. **★ TIP:** *You may need to do this in batches.*



6 FINISH AND SERVE

Mix in the **crème fraîche pesto**, **courgette**, **cherry tomatoes** and **pancetta** in your frying pan. Garnish with the remaining **basil** and serve. **Buon appetito!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Cherry Tomatoes	1 punnet	1 punnet	1 punnet
Courgette	1	1½	2
Basil	½ bunch	1 bunch	1 bunch
Pine Nuts	25g	40g	50g
Crème Fraîche 7)	1 small pot	1 large pot	1 large pot
Italian Style Grated Hard Cheese 7) 8)	½ pack	¾ pack	1 pack
Pancetta	1 small pack	1 medium pack	1 large pack
Gnocchi 13)	400g	600g	800g

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 573G	PER 100G
Energy (kcal)	776	136
(kJ)	3247	567
Fat (g)	36	6
Sat. Fat (g)	13	2
Carbohydrate (g)	94	16
Sugars (g)	8	1
Protein (g)	25	4
Salt (g)	2.79	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

