



Everything But The Chef

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Crispy Gnocchi with Bacon, Mushroom & Parmesan

The Italian painters of the Renaissance relied on light, shadow, form and perspective to compose their masterpieces. We've taken a leaf out of their book for this one: a base of delectable gnocchi with silky mushrooms, crispy bacon and Parmesan cheese. You have the inspiration and tools to create a work of art, now go!

Pantry Items: Olive Oil, White Wine

Prep: 10 mins
Cook: 25 mins
Total: 35 mins

level 2
 nut free
 high protein

winter warmers



Gnocchi



Brown Onion



Garlic



Bacon



Mushrooms



Baby Spinach



Parsley



Parmesan Cheese

2P	4P	Ingredients
½ packet	1 packet	gnocchi
1 tbs	2 tbs	olive oil *
½	1	brown onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
3 rashers	6 rashers	bacon, fat removed & finely chopped
1 punnet	2 punnets	mushrooms, halved
¼ cup	¼ cup	white wine *
½ bag	1 bag	baby spinach, washed
2 tbs	¼ cup	finely chopped parsley
1 block	2 blocks	Parmesan cheese, finely grated

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2110	Kj
Protein	22.9	g
Fat, total	22.9	g
-saturated	8.6	g
Carbohydrate	44.6	g
-sugars	2.4	g
Sodium	684	mg

Measuretool

0 cm	1 cm	2 cm

2a



You will need: *chopping board, chef's knife, grater, garlic crusher, large saucepan, plate, paper towel, medium frying pan, stirring spoon.*

1 Bring a large saucepan of salted water to the boil. Add the **gnocchi** and cook until the gnocchi rises to the surface (approximately **2-3 minutes**). Drain really well. Transfer to a plate and pat dry with paper towel to absorb any remaining water. (This will help the gnocchi crisp up later). Set aside.

2b



2 Heat half of the **olive oil** in a medium frying pan over a medium-high heat. Add the gnocchi and fry for **3-4 minutes** or until they are golden brown. Set the gnocchi aside. Return the pan to the heat and add the remaining oil and **brown onion** and cook for **3 minutes**, or until soft. Add the **garlic**, **bacon**, and **mushrooms** and cook for **5-7 minutes** or until the mushrooms are softened and the bacon is golden. Add the **white wine** and cook for a further **2 minutes**, or until reduced slightly. Stir through the **baby spinach** until wilted.

2c



3 Return the gnocchi to the pan with half of the **parsley** and half of the finely grated **Parmesan cheese**. Cook, stirring, until heated through.

4 To serve, divide the gnocchi between bowls. Season to taste with **salt** and **pepper**, a drizzle of olive oil and garnish with the remaining parsley and Parmesan cheese.

3



Did you know? In some South American countries, there is a tradition of eating gnocchi on the 29th of each month and also to leave a coin underneath the plate to attract abundance and prosperity.