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Pea and Asparagus Gnocchi

with Brown Butter, Tarragon, and Parmesan

Gnocchi and brown butter are a match made in flavor heaven! A creamy tarragon-scented sauce brings a light anise flavor to the dish that's perfect with crisp asparagus and sweet peas. This dish is so speedy, maybe you'll even have time to make dessert!



30 min



level 1



nut free



veggie



Gnocchi



Tarragon



Peas



Asparagus



Sour Cream



Garlic



Parmesan Cheese

Ingredients

		2 People	4 People
Gnocchi	1) 2) 3)	9 oz	18 oz
Tarragon		¼ oz	½ oz
Peas		4 oz	8 oz
Asparagus		6 oz	12 oz
Sour Cream	2)	2 T	4 T
Garlic		2 cloves	4 cloves
Parmesan Cheese	2)	¼ C	½ C
Butter*	2)	2 T	4 T

*Not Included

Allergens

1) Wheat

2) Milk

3) Eggs

Tools

Large Pot, Slotted Spoon, Strainer, Large Pan

Ruler

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Nutrition per person Calories: 446 cal | Fat: 20 g | Sat. Fat: 12 g | Protein: 20 g | Carbs: 51 g | Sugar: 5 g | Sodium: 834 mg | Fiber: 7 g

1



1 Prep the ingredients: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Trim and discard the bottom inch from the **asparagus**, then cut into 1-inch pieces. Thinly slice the **garlic**. Finely chop the **tarragon leaves**.

2



2 Cook the gnocchi and asparagus: Add the **gnocchi** to the boiling water and cook for 4-5 minutes, until tender. Remove with a slotted spoon. Add the **asparagus** to the water and cook for 1-2 minutes, until bright green. Drain, reserving ¼ cup cooking water.

3



3 Brown the butter: Heat **2 Tablespoons butter** in a large pan over medium-low heat. The melted butter will foam and begin to turn a speckled brown. Remove the pan from heat and add the **garlic**. Cook for 30 seconds, until fragrant. Add the **peas** to the pan and toss to coat in the butter.

4



4 Combine the gnocchi: Add the **gnocchi** and **asparagus** to the pan and toss to combine. Season to taste with **salt** and **pepper**.

5



5 Return the pan to the stove over medium heat, and stir in the sour cream, parmesan cheese, and half the tarragon. Toss for 1-2 minutes, until the vegetables are heated through and a creamy sauce has formed. **TIP:** To loosen the sauce, add a splash of cooking water, as needed.

6 Garnish and serve: Serve the **pea and asparagus gnocchi** garnished with the remaining **tarragon** and enjoy!