



Creamy Gnocchi

with Mushroom and Broccoli



HELLO GNOCCHI

Gnocchi is Italian for 'dumplings'. One on its own is a 'gnocco'!



Echalion Shallot



Garlic Clove



Chestnut Mushrooms



Flat Leaf Parsley



Vegetable Stock Pot



Water



Gnocchi



Broccoli



Crème Fraîche



Hard Italian Cheese

25 mins

2 of your 5 a day

Veggie

Pan-frying gnocchi brings a whole extra dimension to these pillowy little dumplings. The golden, crispy exterior provides a beautiful contrast with today's creamy mushroom sauce. As an added bonus it's incredibly easy to make, leaving you plenty of time to put your feet up. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Put a **Large Saucepan** of water on to boil for the broccoli. Make sure you've also got a **Fine Grater** (or **Garlic Press**), two **Frying Pans**, a **Measuring Jug** and **Colander**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and finely chop the **shallot** (aim for ½cm chunks). Peel and grate the **garlic** (or use a garlic press). Cut each **mushroom** into 4 or 5 slices. Finely chop the **parsley** (stalks and all).



2 COOK THE VEGGIES

Put a splash of **oil** in a frying pan over high heat. Add the **mushrooms** in small batches and cook until they are golden brown, 5 mins. Reduce the heat to medium-low and add the **shallot**. Cook for 3-4 mins. Then add the **garlic** and cook for 1 minute more. If the pan gets too dry, add a splash of water.



3 MAKE THE SAUCE

Add the **vegetable stock pot** and **water** (amount specified in the ingredient list) to the frying pan. Season with a few good grinds of **black pepper**. Stir to dissolve the **stock pot** and simmer over medium heat until thickened, 8-10 mins.



4 COOK THE GNOCCHI

Put a splash of **oil** in another frying pan on medium-high heat. When hot, add the **gnocchi**. Gently fry until crispy around the edges, 8 mins. Remove from the heat. Meanwhile, cut the **broccoli** into small florets. Add them to the pan of boiling water. Cook for 3-4 mins. Then drain in a colander and set aside.



5 FINISH THE SAUCE

Stir the **crème fraîche** into your **mushroom sauce**. Once heated through, add the **gnocchi**, **broccoli** and half the **parsley**. Give it a good stir, then taste for seasoning and add **salt** and **black pepper** as you wish.



6 SERVE AND ENJOY

Divide your **mushroom** and **broccoli gnocchi** between bowls. Top with the **hard Italian cheese** and a sprinkling of the remaining **parsley**. **Buon appetito!**

2 PEOPLE INGREDIENTS

Echalion Shallot, chopped	1
Garlic Clove, grated	1
Chestnut Mushrooms, sliced	1 small punnet
Flat Leaf Parsley, chopped	½ bunch
Vegetable Stock Pot 9) 12)	½
Water*	100ml
Gnocchi 1)	300g
Broccoli, florets	1
Crème Fraîche 7)	1 small pot
Hard Italian Cheese 7)	40g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	525	104
(kJ)	2195	435
Fat (g)	21	4
Sat. Fat (g)	14	3
Carbohydrate (g)	59	12
Sugars (g)	8	2
Protein (g)	24	5
Salt (g)	3.80	0.80

ALLERGENS

1)Gluten 7)Milk 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

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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