



# Creamy Tomato Gnocchi

with Hazelnut & Chive Pesto



## HELLO GNOCCHI

Gnocchi is Italian for 'dumpling' One on its own is called Gnoccho!



Onion



Red Pepper



Garlic Clove



Parsley



Finely Chopped Tomatoes



Gnocchi



Hazelnuts



Chives



Baby Spinach



Crème Fraîche

Gnocchi with pesto is an all-time favourite. We've given this version a HelloFresh twist by pan-frying the gnocchi. It gives the pillowy little dumplings a beautifully crisp crust. We've also mixed up the pesto by replacing the usual basil and pine nuts with chives and hazelnuts. This dish went down a treat at the Fresh Farm and we hope you love it too!

30 mins

3.5 of your 5 a day

Veggie

MEAL BAG

5

## 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**), **Large Saucepan**, **Frying Pan** and **Mixing Bowl**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Halve and peel the **onion**. Chop into small pieces. Halve the **pepper** and discard the core and seeds. Chop into 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



### 2 SIMMER THE SAUCE

Put a splash of **oil** in a large saucepan on medium heat and add the **onion**. Cook until soft, stirring occasionally, 5 mins. Add the **red pepper** and season with **salt** and **pepper**. Cook for another 5 mins. Add the **garlic** and **half** the **parsley**. Cook for 1 minute more. Add the **finely chopped tomatoes** and bring to the boil, then reduce the heat to low. Let the **sauce** simmer gently for 10 mins, stirring from time to time.



### 3 FRY THE GNOCCHI

Meanwhile, put a good glug of **oil** in a frying pan on medium-high heat. When hot, add the **gnocchi** (see ingredients for amount). Cook until golden and crispy, 8-10 mins. Stir to turn the **gnocchi** occasionally so they cook evenly.



### 4 MAKE THE PESTO

While the **sauce** and **gnocchi** are cooking, make the **pesto**. Roughly chop the **hazelnuts**. Finely chop the **chives**. **★ TIP: Use scissors for this if you want!** Pop the **hazelnuts**, **chives** and **half** the remaining **parsley** into a mixing bowl and add the **olive oil** (see ingredients for amount). Season with a pinch of **salt** and **pepper** and stir everything together well.



### 5 COMBINE

Once the **gnocchi** is golden, remove the pan from the heat. Add the **spinach** one handful at a time to the pan with the **tomato sauce** and gently stir until wilted. Remove the **sauce** from the heat and stir in the **crème fraîche**. Taste and add more **salt** and **pepper** if necessary. Add the **gnocchi** to the **sauce** and mix well.



### 6 SERVE

Serve the **creamy tomato gnocchi** in bowls. Sprinkle the remaining **parsley** over the top, along with the **hazelnut and chive pesto**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Onion *	1	1	2
Red Pepper *	1	2	2
Garlic Clove *	1	2	2
Parsley *	1 bunch	1 bunch	1 bunch
Finely Chopped Tomatoes	1 cartons	1½ cartons	2 cartons
Gnocchi 13) *	300g	450g	600g
Hazelnuts 2)	1 bag	1½ bags	2 bags
Chives *	1 bunch	1 bunch	1 bunch
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 663G	PER 100G
Energy (kJ/kcal)	2851/682	430/103
Fat (g)	39	6
Sat. Fat (g)	12	2
Carbohydrate (g)	76	11
Sugars (g)	19	3
Protein (g)	15	2
Salt (g)	1.82	0.27

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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