



SEP
2016

Gnocchi Bolognese

with Fresh Tomato Sauce, Carrots, and Parmesan Cheese

Pasta is one of our go-to family meals. But to jazz it up a bit, we've bulked up the fresh tomato sauce with ground beef, shredded carrots, and a chorizo spice mild enough for kids. Trust us, your family will be too busy enjoying the tender gnocchi to even notice that there's veggies in there.



Prep: 10 min
Total: 35 min



level 2



nut
free



Ground
Beef



Gnocchi



Carrots



Garlic



Oregano



Yellow
Onion



Roma
Tomatoes



Chorizo Spice
Blend



Tomato
Paste



Chicken Stock
Concentrates



Parmesan
Cheese

Ingredients

	4 People
Ground Beef	16 oz
Gnocchi	1) 2) 3)
Carrots	2
Garlic	2 Cloves
Oregano	1 t
Yellow Onion	1
Roma Tomatoes	4
Chorizo Spice Blend	2 T
Tomato Paste	4 T
Chicken Stock Concentrates	2
Parmesan Cheese	1)
Sugar*	4 t
Olive Oil*	2 t

*Not Included

Allergens

1) Milk

2) Wheat

3) Eggs

Tools

Large pot, Peeler, Box grater, Large pan, Slotted spoon

Nutrition per person Calories: 585 cal | Fat: 19 g | Sat. Fat: 8 g | Protein: 41 g | Carbs: 66 g | Sugar: 15 g | Sodium: 1113 mg | Fiber: 7 g

1



1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Peel and grate the **carrots** with a box grater. Mince or grate the **garlic**. Halve, peel, and finely dice the **onion**. Grate the **tomatoes** with the box grater, discarding any remaining skins.

2



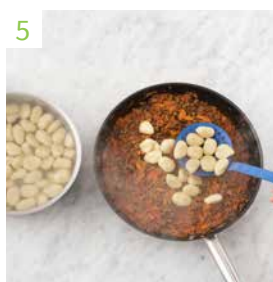
2 Cook the beef: Heat a large drizzle of **olive oil** in a large pan over high heat. Add the **ground beef**. Cook, breaking up the meat into pieces, until browned and cooked through, about 3-5 minutes. Season with **salt** and **pepper**. Remove from the pan, but don't drain the oil.

3



3 Start the sauce: Add the **onion** and **carrots** to the pan. Cook, tossing, for 2-3 minutes, until softened, adding a drizzle of **olive oil** if necessary. Add the **garlic**, **oregano**, **chorizo spice**, and **4 Tablespoons tomato paste**. Cook, tossing, for an additional 2-3 minutes, until the garlic is fragrant and tomato paste has coated the vegetables.

5



4 Simmer the sauce: Add the grated **tomatoes**, **chicken stock concentrates**, and **2 cups water** to the pan. Stir to combine. Bring to a boil, then reduce to a low simmer for 7-10 minutes, until thickened. Add the **ground beef** during the last 3 minutes of simmering. Season generously with **salt** and **pepper**. Taste and adjust the flavor with **3-4 teaspoons sugar**, if needed, to balance the acidity.

5 Cook the gnocchi: Add the **gnocchi** to the boiling water. Boil 3-4 minutes, until tender. Using a slotted spoon, transfer the gnocchi to the pan with the **sauce**. Stir to combine. Season with **salt** and **pepper**.

6 Finish and plate: Divide the **gnocchi Bolognese** between bowls, and sprinkle with the **Parmesan cheese**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

