







More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

Mushroom and Broccoli Gnocchi

We think that crispy pan-fried gnocchi with crème fraîche is not only super tasty but incredibly easy to make! The gnocchi has a crispy coating and a pillow-like centre, accompanied by 'meaty' chestnut mushrooms, tasty broccoli, cheese and flat leaf parsley. We think we've made our own delicacy with this twist on a classic Italian dish!

 25 mins

 2 of your 5 a day

 mealkit

 veggie



Echalion Shallot
(1)



Garlic Clove
(1)



Chestnut Mushrooms
(1 punnet)



Flat Leaf Parsley
(½ bunch)



Vegetable Stock Pot
(½)



Water
(100ml)



Gnocchi
(300g)



Broccoli, florets
(½)



Crème Fraîche
(1 pot)



Hard Italian Cheese
(40g)

2 PEOPLE INGREDIENTS

- Echalion Shallot, chopped
- Garlic Clove, grated
- Chestnut Mushrooms, chopped
- Flat Leaf Parsley, chopped
- Vegetable Stock Pot

1
1
1 punnet
½ bunch
½

- Water
- Gnocchi
- Broccoli, florets
- Crème Fraîche
- Hard Italian Cheese

100ml
300g
½
1 pot
40g



Our fruit and veggies may need a little wash before cooking!

Did you know...

Gnocchi is Italian for 'dumplings'.

Allergens: Milk, Gluten, Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	543 kcal / 2278 kJ	28 g	15 g	48 g	7 g	21 g	2 g
Per 100g	112 kcal / 472 kJ	6 g	3 g	10 g	2 g	4 g	0 g

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.

1



1 Peel and finely chop the **shallot** and grate the **garlic** (or use a garlic press if you have one). Roughly chop the **mushrooms**. Finely chop the **parsley**. Bring a pot of water to the boil for later.

2



2 Heat a splash of **oil** in a frying pan over high heat. Add your **mushrooms** in small batches and cook until they are golden brown, then remove from the pan and keep to one side. Add your **shallot** and **garlic** to the now empty pan and reduce the heat to medium-low. Cook for 3-4 mins until soft, if the pan gets too dry add a splash of water.

3



3 Return your **mushrooms** to the pan along with the **vegetable stock pot**, the **water** (amount specified in the ingredient list) and a few good grinds of **pepper**. Allow to simmer over medium heat for 8-10 mins until thickened.

4



4 In another frying pan, heat a splash of **oil** on medium-high heat. When hot, add the **gnocchi**. Gently fry for 8 mins until it's crispy around the edges. Remove from the heat. Meanwhile, cut the **broccoli** into small florets. Plunge into the pot of boiling water for 3 mins, then remove, drain and keep to the side.

5 Stir the **crème fraîche** into your **mushroom sauce**. Once heated through, add your **gnocchi** and your **broccoli** and give it all a good stir. Taste for seasoning and add **salt** and **black pepper** as you wish.

6 Divide your **mushroom and broccoli gnocchi** between your bowls and top with the **hard Italian cheese** and a sprinkling of your **parsley**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!