



# PAN-FRIED GNOCCHI

with Creamy Cremini Mushrooms and Broccoli



## HELLO GNOCCHI

Gnocchi are little dumplings made with soft flour and potatoes.

**PREP: 5 MIN** | **TOTAL: 30 MIN** | **CALORIES: 644**



Gnocchi



Cremini Mushrooms



Onion, chopped



Garlic



Parsley



Broccoli, florets



Vegetable Broth Concentrate



Cream Cheese



Parmesan Cheese, grated

## BUST OUT

- Garlic Press
- Medium Bowl
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil

## INGREDIENTS

2-person

- Gnocchi 1 500 g
- Cremini Mushrooms 113 g
- Onion, chopped 56 g
- Garlic 10 g
- Parsley 10 g
- Broccoli, florets 227 g
- Vegetable Broth Concentrate 1
- Cream Cheese 2 2 tbsp
- Parmesan Cheese, grated 2 ¼ cup

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

Don't have a garlic press? Instead lay the garlic clove on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



**1 PREP** Wash and dry all produce.\* Mince or grate the **garlic**. Thinly slice the **mushrooms**. Roughly chop the **parsley**.



**2 COOK GNOCCHI** Heat a large non-stick pan on medium heat. Add a drizzle of **oil**, then the **gnocchi**. Cook, turning them often, until the gnocchi is golden-brown, 6-7 min. (**NOTE:** Depending on the size of your pan, you may need to do this in two batches.) Transfer to a medium bowl and set aside.



**3 COOK VEGGIES** Reduce the heat to medium. Add a drizzle of **oil** to the same pan, then the **onions, mushrooms, garlic** and **broccoli**. Cook, stirring occasionally, until the mushrooms are golden-brown and the broccoli is tender-crisp, 5-6 min.



**4 MAKE SAUCE** Stir the **cream cheese, broth concentrate** and **¾ cup water** into the pan. Simmer until slightly thickened, 1-2 min.



**5 ADD GNOCCHI** Stir in the **gnocchi, half the Parmesan** and **half the parsley** into the pan. Season with **salt** and **pepper**. Cook, stirring together, until the sauce is warmed through and slightly thickened, 1-2 min.



**6 FINISH AND SERVE** Divide the **creamy gnocchi** between bowls. Sprinkle over the **remaining parsley** and **remaining Parmesan**.

## CREAMY!

Cream cheese makes the sauce for these gnocchi utterly creamy!