



JUN
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Pan-Seared Gnocchi

with Pesto, Green Beans, and Sun-Dried Tomatoes

Searing gnocchi in the pan creates irresistible crispy edges. Tossed with fragrant pesto, sautéed mushrooms, and sun-dried tomatoes, you'll be fighting for the last bite.



Prep: 10 min
Total: 30 min



level 1



nut free



veggie



Gnocchi



Button
Mushrooms



Green Beans



Sun-Dried
Tomatoes



Pesto



Parmesan
Cheese



Lemon

Ingredients

	2 People	4 People
Gnocchi	1) 2) 3)	9 oz / 18 oz
Button Mushrooms	4 oz	8 oz
Green Beans	6 oz	12 oz
Sun-Dried Tomatoes	1 ½ oz	3 oz
Pesto	2)	¼ Cup / ½ Cup
Parmesan Cheese	2)	¼ Cup / ½ Cup
Lemon	1	1
Oil*	2 t	4 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Eggs

Tools

Large pot, Large pan, Slotted spoon, Strainer

Ruler

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Nutrition per person Calories: 426 cal | Fat: 16 g | Sat. Fat: 4 g | Protein: 20 g | Carbs: 62 g | Sugar: 13 g | Sodium: 1401 mg | Fiber: 10 g

1



1 Prep the veggies: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Thinly slice the **mushrooms**. Trim the ends of the **green beans**, then cut into 2-inch pieces. Roughly chop the **sun-dried tomatoes**. Cut the **lemon** into wedges.

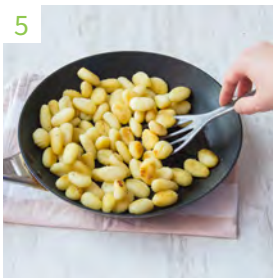
2



2 Cook the mushrooms: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **mushrooms** to the pan and cook, tossing for 4-5 minutes, until golden brown. Season with **salt** and **pepper**. Remove from the pan and set aside.

3 Cook the green beans: While the **mushrooms** cook, add the **green beans** to the boiling water and cook for 2-3 minutes, until crisp-tender. Remove with a slotted spoon and rinse under very cold water. Keep the water boiling on the stove for the **gnocchi**.

5



4 Boil the gnocchi: Add the **gnocchi** to the same boiling water and cook for 2-3 minutes, until just softened. Drain well.

5 Pan-sear the gnocchi: Heat a drizzle of **oil** in the same pan over medium-high heat. Add the **gnocchi** to the pan and cook, tossing for 7-8 minutes, until lightly golden brown and toasted.

6 Toss and serve: Add the **pesto**, **sun-dried tomatoes**, **green beans**, **parmesan cheese**, and **mushrooms** to the pan. Toss for 1-2 minutes, until thoroughly combined and heated through. Season with **salt** and **pepper**. Divide the **gnocchi** between bowls and garnish each with a **lemon wedge**, enjoy!

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