



More Than Food

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Happy Valentine's!



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## Our Valentine's Wildly Passionate Mushroom Gnocchi

Whilst researching all things aphrodisiac in the run up to Valentine's week, our Mimi discovered that most ingredients have at least some reason for making us feel frisky. Since this is a family show we won't go into the ins and outs of the mushroom's sexy reputation, suffice to say that tonight's dinner, combined with a bit of Marvin Gaye could hit all the right notes. Let's get it on.

25 mins

veggie



Echalion Shallot (1)



Garlic Clove (1)



Chestnut Mushrooms (1 punnet)



Flat Leaf Parsley (2 tbsp)



Vegetable Stock Pot (1/2)



Gnocchi (300g)



Broccoli (1)



Crème Fraîche (1/2 small pot)



Hard Italian Cheese (2 tbsp)

## Ingredients

2 PEOPLE ALLERGENS

Echalion Shallot, chopped	1	
Garlic Clove, chopped	1	
Chestnut Mushrooms, chopped	1 punnet	
Flat Leaf Parsley, chopped	2 tbsp	
Vegetable Stock Pot	½	Celery
Gnocchi	300g	Gluten
Broccoli, florets	1	
Crème Fraîche	½ small pot	Milk
Hard Italian Cheese	2 tbsp	Milk

 Our fruit and veggies come fresh from the farm so give them a little wash before using

## Did you know...

Mushrooms contain natural antibiotics (similar to penicillin which itself is extracted from mushrooms), which inhibit microbial growth and other fungal infections.

**Nutrition per serving:** Calories: 621 kcal | Protein: 18 g | Carbs: 89 g | Fat: 20 g | Saturated Fat: 15 g



**1** Peel and finely chop the shallot and the garlic. Roughly chop your mushrooms. Finely chop the parsley. Boil a pot of water with ¼ tsp of salt for your broccoli.



**2** Heat ½ tbsp of oil in a frying pan over high heat. Add the mushrooms in small batches and cook until they go golden brown, then remove from the pan. Add the chopped shallot and garlic to the now empty pan and reduce the heat to medium-low. Cook for 3-4 mins until softened, if the pan gets too dry add a splash of water.



**3** Return the mushrooms to the pan along with half the stock pot, 100ml of water and a few good grinds of pepper. Allow to simmer over medium heat for 8-10 mins until thickened.



**4** In another frying pan, heat 1 tbsp 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 up 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 the mushroom sauce. Once cooked, add the gnocchi and the broccoli to the sauce and give it all a good stir. Taste for seasoning and add more salt and pepper as you wish.

**6** Divide the gnocchi between your bowls and top with the grated cheese and the chopped parsley.

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