



Aubergine Gnocchi Gratin

with Baby Spinach and Rocket Salad



HELLO GNOCCHI

The word gnocchi is thought to originate from the word 'nocca' meaning 'knuckle' because of its shape.



Aubergine



Ground Cumin



Gnocchi



Echalion Shallot



Garlic Clove



Basil



Dried Thyme



Tomato Passata



Balsamic Vinegar



Baby Spinach



Panko Breadcrumbs



Italian Style Grated Hard Cheese



Rocket

MEAL BAG

35 mins

2 of your 5 a day

Cook within 2 Days of Delivery

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Frying Pan, Fine Grater** (or **Garlic Press**) and **Ovenproof Dish**. Now, let's get cooking!



1 GRILL THE AUBERGINE

Preheat your grill to high. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Pop onto a baking tray and season with **salt** and **pepper**. Sprinkle on the **ground cumin** and drizzle over some **oil**. Use your hands to coat the **aubergine** and arrange in a single layer. Grill until browned, 10-12 mins. Turn halfway through cooking. Keep to one side when cooked.



4 SIMMER YOUR SAUCE

When the **gnocchi** are ready, transfer to an ovenproof dish and return the now empty pan to medium heat. Add a splash of **oil** and, once hot, cook the **shallot** until softened, 4-5 mins. Add the **garlic** and **dried thyme**. Cook for 1 minute more, then add the **tomato passata** and **balsamic vinegar**. Simmer for 5 mins, then stir in the **basil** and **baby spinach** until wilted. Season with **salt** and **pepper** to taste.



2 PAN-FRY THE GNOCCHI

Meanwhile, heat a glug of **oil** in a frying pan over high heat. Once hot, pan-fry the **gnocchi** until golden brown, 8-10 mins. Turn frequently to make sure they brown evenly. ★ **TIP:** Add a touch more oil if your **gnocchi** starts to stick to the pan!



5 MAKE THE CRUMB

Once the **tomato sauce** has thickened, stir in the browned **aubergine**. Spoon this on top of the **gnocchi** in the dish and stir together. In a large bowl, mix the **panko breadcrumbs** with the **cheese**, a drizzle of **oil** and a good grind of **pepper**. Sprinkle this on top of the dish and grill until golden, 3-4 mins. ★ **TIP:** Keep an eye on it, you don't want the crumb to burn!



3 PREP THE VEGGIES

In the meantime, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Pick the **basil leaves** from their stalks and roughly chop (discard the stalks).



6 FINISH AND SERVE

Whilst the **gratin** is under the grill, toss the **rocket** in a bowl with a drizzle of **olive oil**. Serve the **gnocchi gratin** in deep bowls with the **rocket salad** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Aubergine	1	2	2
Ground Cumin	1 small pot	½ large pot	1 large pot
Gnocchi	300g	450g	600g
Echalion Shallot	1	1	2
Garlic Clove	1	2	2
Basil	1 bunch	1 bunch	2 bunches
Dried Thyme	⅓ pot	½ pot	⅔ pot
Tomato Passata	1½ cartons	2 cartons	3 cartons
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Baby Spinach	1 small bag	1 small bag	1 large bag
Panko Breadcrumbs 13)	⅔ pot	1 pot	2 pots
Italian Style Grated Hard Cheese 7) 8)	1 pack	1½ packs	2 packs
Rocket	1 bag	1 bag	2 bags

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 560G	PER 100G
Energy (kcal)	467	78
(kJ)	1954	328
Fat (g)	7	1
Sat. Fat (g)	4	1
Carbohydrate (g)	78	13
Sugars (g)	13	2
Protein (g)	21	3
Salt (g)	2.33	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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