



Chorizo and Mozzarella Gnocchi with Tomato Sauce and Spinach

Classic 30 Minutes • Mild Spice • 2 of your 5 a day

5



Echalion Shallot



Garlic Clove



Mozzarella



Gnocchi



Chorizo



Finely Chopped
Tomatoes with Basil



Chicken Stock
Paste



Chilli Flakes



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Frying Pan, Saucepan, Frying Pan, Colander and Garlic Press.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Mozzarella** (7)	1 ball	1½ balls	2 balls
Gnocchi (13)	500g	750g	1000g
Chorizo**	60g	90g	120g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Chilli Flakes	1 pinch	1 pinch	2 pinch
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	676g	100g
Energy (kJ/kcal)	3319 /793	491 /117
Fat (g)	26	4
Sat. Fat (g)	13	2
Carbohydrate (g)	101	15
Sugars (g)	15	2
Protein (g)	37	6
Salt (g)	6.21	0.92

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk (13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Bring a large saucepan of **water** to the boil with **½ tsp salt**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Drain and tear the **mozzarella** into small pieces.



Boil the Gnocchi

Add the **gnocchi** to the **boiling water** and simmer until they float to the top, 2-3 mins. Drain well in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together. Set aside for later.



Start the Sauce

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **shallot** and **chorizo** and fry until the **shallot** has softened and the **chorizo** has started to crisp, 3-4 mins. Stir in the **garlic** and cook for 1 more min, then pour in the **chopped tomatoes**, **chicken stock paste**, **chilli flakes** (use less if you don't like heat) and **sugar for the sauce** (see ingredients for amount).



Fry the Gnocchi

Bring the **sauce** to the boil, then reduce the heat to medium and simmer until thickened, 5-7 mins. Meanwhile, heat a drizzle of **oil** in another large frying pan on high heat (use a nonstick pan if possible). Once hot, add the **gnocchi** and stir-fry until golden, 6-8 mins.



Add the Spinach

Once cooked, stir the **spinach** into the **sauce** a handful at a time until wilted and piping hot, 1-2 mins. Add the **gnocchi**, then taste and season with **salt** and **pepper** if needed. Add **half** the **tom mozzarella pieces** and stir to combine. **TIP:** Add a splash of water if it's a little thick.



Serve

When everything is piping hot, serve the **gnocchi** in bowls with the remaining **mozzarella** on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.