



# Chorizo and Mozzarella Gnocchi with Tomato Sauce and Spinach

Classic 25-30 Minutes • Mild Spice • 3 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

**Pantry Items**

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press and frying pan.

## Ingredients

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 pinches
Baby Spinach**	100g	150g	200g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	630g 3556 /850	100g 565 /135
Fat (g)	23.9	3.8
Sat. Fat (g)	11.6	1.8
Carbohydrate (g)	124.6	19.9
Sugars (g)	19.2	3.0
Protein (g)	34.2	5.4
Salt (g)	8.38	1.33

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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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.



## Time to Fry

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 (preferably nonstick) frying pan on high heat.

Once hot, add the **gnocchi** and stir-fry until golden, 6-8 mins.



## Boil the Gnocchi

When your pan of **water** is boiling, add the **gnocchi** 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 frying later.



## Add the Spinach

Once thickened, stir the **spinach** into the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.

Add the **fried gnocchi**, then taste and season with **salt** and **pepper** if needed.

Add **half** the **torn mozzarella** pieces and stir to combine, adding a splash of **water** if it's a little thick.



## Start your Tomato Sauce

While the **gnocchi** cook, 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 brown, 3-4 mins.

Stir in the **garlic** and cook for 1 min more, then pour in the **chopped tomatoes**, **chicken stock paste**, **chilli flakes** (use less if you'd prefer things milder) and **sugar for the sauce** (see pantry for amount).



## Serve

When ready, serve your **gnocchi** in bowls with the remaining **mozzarella** scattered on top.

## Enjoy!