



Creamy Mushroom Gnocchi with Broccoli

CLASSIC 30 Minutes • 1.5 of your 5 a day • Veggie

N° 7



Gnocchi



Shallot



Garlic Clove



Chestnut Mushrooms



Flat Leaf Parsley



Broccoli Florets



Vegetable Stock Powder



Crème Fraîche



Truffle Zest



Hard Italian Style Grated Cheese

Before you start

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

Basic cooking tools, you will need:

Large Saucepan, Fine Grater (or Garlic Press), two Frying Pans, a Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Gnocchi 13)	300g	450g	600g
Shallot**	1	1.5	2
Garlic Clove**	2	3	4
Chestnut Mushrooms**	1 small punnet	1 large punnet	1 large punnet
Flat Leaf Parsley**	½ bunch	1 bunch	1 bunch
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Crème Fraîche 7)**	150g	150g	300g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Hard Italian Style Grated Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	463g	100g
Energy (kJ/kcal)	2318 / 554	501 / 120
Fat (g)	29	6
Sat. Fat (g)	14	3
Carbohydrate (g)	61	13
Sugars (g)	6	1
Protein (g)	21	5
Salt (g)	2.26	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) Gluten

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

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Fry the Gnocchi

Preheat your oven to 200°C. Heat a drizzle of **oil** in a large frying pan over medium heat and add the **gnocchi**. Cook, stirring occasionally, until golden all over, about 8 mins. Once cooked, remove from the pan and set aside (keep the pan!). **TIP: Fry the gnocchi in batches if your pan isn't large enough!**



2. Prep the Veggies

Meanwhile, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Thinly slice the **mushrooms**. Finely chop the **parsley** (stalks and all). Pop the **broccoli florets** on a roasting tray and drizzle with **oil** and add a pinch of **salt** and **pepper**. Roast until golden and just tender, 10-12 mins.



3. Fry the Veggies

Return the now empty frying pan to high heat and add a splash of **oil**. Add the **mushrooms** (in batches if necessary - don't overcrowd the pan or they will sweat not fry!) and a pinch of **salt** and **pepper**. Cook, stirring occasionally, until they are golden brown, 5 mins. Reduce the heat to medium-low and add the **shallot**. Cook, stirring, for 3-4 mins, then add the **garlic** and cook for 1 minute more.



4. Cook the Sauce

Add the **vegetable stock powder** and **water** (see ingredients for amount) to the frying pan. Season with a pinch of **pepper**. Stir to dissolve the **stock** and simmer over medium heat until thickened, 8-10 mins.



5. Finish the Sauce

Stir the **crème fraîche** and **truffle powder** into the **mushroom sauce**. **Tip: add a bit of the truffle powder then taste and add as much as you like - it has a strong flavour!** Once heated through, add the **gnocchi**, **broccoli** and **half the parsley**. Give it a good stir, then season to taste with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** is a bit thick.



6. Serve and Enjoy

Divide the **creamy gnocchi** between bowls. Top with the **hard Italian style grated cheese** and a sprinkling of the remaining **parsley**.

Buon Appetito!