



# Creamy Gnocchi

with Chorizo, Spinach & Courgette



## HELLO SPINACH

During World War 1 French soldiers drank wine fortified with spinach juice!



Gnocchi



Garlic Clove



Courgette



Cherry Plum Tomatoes



Flat Leaf Parsley



Diced Chorizo



Chicken Stock Pot



Baby Spinach



Crème Fraîche

MEAL BAG

- Hands on: 15 mins
- Total: 30 mins
- 2.5 of your 5 a day
- Family box

Traditionally gnocchi is boiled in salted water. In this recipe we've given it a HelloFresh twist by panfrying it instead, so that the outside is crisp and the inside pillowy soft - two textures in one small package! We've combined it with smoky chorizo and crème fraîche for a delicious creamy dish!

## BEFORE YOU START

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



### 1 PAN-FRY THE GNOCCHI

Preheat the oven to 100°C. Heat a splash of **oil** in a frying pan on medium-high heat. Add in the **gnocchi** and gently pan-fry until golden all over. This should take around 10 mins. Turn the **gnocchi** frequently to make sure they don't burn. **★ TIP:** *Do this in batches and when one batch is ready, keep them warm on a baking tray in your oven whilst you get on with the next batch.*



### 2 PREP THE VEGGIES

Peel and grate the **garlic** (or use a garlic press). Remove the top and bottom from the **courgette**, cut lengthways into 1cm strips, then chop into chunks. Cut the **cherry plum tomatoes** in half through the equator and pop into a bowl. Drizzle over a glug of **oil** and season with a pinch of **salt**. Mix well and keep to one side. Pick the **parsley leaves** from their stalks and keep to one side (discard the stalks).



### 3 START THE SAUCE

Heat a splash of **oil** in a large saucepan on medium heat. Add the **diced chorizo** and cook until it is browned and has released its lovely red oil, 5-7 mins. Once the **chorizo** is cooked, add the **garlic**. Cook for 1 minute more, then add the **stock pot** and **water** (see ingredients for amount). Stir to dissolve the **stock pot** and bring to the boil.



### 4 ADD THE SPINACH

When the sauce is boiling, add the **courgette** and **baby spinach**. Cover the pan with a lid or plate and cook until the **courgette** is soft and the **spinach** has wilted, 4-5 mins.



### 5 MAKE IT CREAMY

Mix in the **crème fraîche** and bring back to the boil. Tear in half the **parsley leaves** and add **salt** and **pepper** to taste.



### 6 FINISH OFF

Roughly chop the remaining **parsley leaves**, add to the **tomatoes** and mix well. Add the **gnocchi** to the **sauce** and stir to combine. Spoon the **creamy gnocchi** into bowls and finish with the **tomatoes** on top. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Gnocchi <sup>13</sup>	500g
Garlic Clove, grated	1
Courgette, chopped	½
Cherry Plum Tomatoes, halved	½ punnet
Flat Leaf Parsley, chopped	1 small bunch
Diced Chorizo	1 pack
Chicken Stock Pot	¼
Water*	50ml
Baby Spinach	1 small bag
Crème Fraîche <sup>7</sup>	1 small pot

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 515G	PER 100G
Energy (kcal)	714	139
(kJ)	2987	579
Fat (g)	28	5
Sat. Fat (g)	15	3
Carbohydrate (g)	89	17
Sugars (g)	8	2
Protein (g)	26	5
Salt (g)	6.1	1.18

### ALLERGENS

<sup>7</sup> Milk <sup>13</sup> Gluten

**Chicken Stock Pot:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

**Diced Chorizo:** Pork, Seasoning (Smoked Paprika, Salt, Paprika Extract, Garlic, Pepper, Ginger), Salt (Salt, Preservative E250).

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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