



Creamy Mushroom Gnocchi with Spinach

RAPID 20 Minutes • 1.5 of your 5 a day • Veggie

Nº 16



Flat Leaf Parsley



Garlic Clove



Gnocchi



Sliced Mushrooms



Wild Mushroom
Sauce



Half Fat
Creme Fraiche



Baby Spinach



Grated Hard Italian
Style Cheese

Before you start

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

Basic cooking tools you will need:

Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Gnocchi 13)	350g	500g	700g
Sliced Mushrooms**	1 punnet	1½ punnets	2 punnets
Water for the Sauce*	150ml	225ml	300ml
Wild Mushroom Sauce	1 pot	1½ pots	2 pots
Half Fat Creme Fraiche 7)**	100g	150g	200g
Baby Spinach**	1 small bag	1 large bag	1 large bag
Grated Hard Italian Style Cheese 7) 8)**	1 pack	2 packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	535g	100g
Energy (kJ/kcal)	2088 /499	391 /93
Fat (g)	15	3
Sat. Fat (g)	10	2
Carbohydrate (g)	71	13
Sugars (g)	8	1
Protein (g)	19	4
Salt (g)	2.95	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

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

You can recycle me!



Packed in the UK



1. Get Prepped

a) Preheat your oven to 130°C, or its lowest setting, we will use the oven to keep the **gnocchi** warm.

b) Roughly chop the **parsley** (stalks and all).

c) Peel and grate the **garlic** (or use a garlic press).



4. Simmer

a) Add the **water** to the pan (see ingredients for amount), along with the **mushroom paste** and **creme fraiche**.

b) Stir to combine and bring to a bubble. Simmer for 1 minute.



2. Cook the Gnocchi

a) Heat a glug of **oil** in a frying pan on medium-high heat.

b) When hot, add the **gnocchi** and season with **salt** and **pepper**.

c) Cook until golden and crispy, 8-10 mins. Stir to turn the **gnocchi** occasionally so they colour evenly.

d) Once nicely golden, transfer the **gnocchi** to a baking tray and keep warm in the oven. **TIP:** Do this in batches if necessary.



5. Cook the Spinach

a) Add the **spinach** a handful at a time, stirring, until it has all wilted, 2-3 mins. **TIP:** Add a splash of water at this stage, if the sauce is a bit thick.

b) Season the **sauce** to taste with **salt** and **pepper**.

c) Remove the **sauce** from the heat and get ready to serve!



3. Start the Sauce

a) Meanwhile, heat another drizzle of **oil** in your frying pan over high heat.

b) Add the **sliced mushrooms** and season with **salt** and **pepper**.

c) Cook, stirring regularly, until browned, 6-8 mins. Lower the heat to medium then add the **garlic** and cook for a further 1 minute.



6. Serve

a) Share the **gnocchi** between your plates.

b) Spoon the **sauce** on top and finish with a sprinkle of **parsley** and the **hard Italian style cheese**.

Enjoy!