



Creamy Mushroom Gnocchi

with Spinach

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

N° 16



Flat Leaf Parsley



Garlic Clove



Gnocchi



Sliced Mushrooms



Wild Mushroom
Sauce Paste



Crème Fraîche



Baby Spinach



Grated Italian Style
Hard 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), Two Frying Pans and Measuring Jug.

Ingredients

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

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	538g	100g
Energy (kJ/kcal)	2259 / 540	420 / 100
Fat (g)	23	4
Sat. Fat (g)	12	2
Carbohydrate (g)	71	13
Sugars (g)	8	1
Protein (g)	18	3
Salt (g)	2.79	0.52

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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

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You can recycle me!

Packed in the UK



1. Get Prepped

- Roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).



2. Cook the Gnocchi

- Heat a glug of **oil** in a frying pan on medium-high heat.
- When hot, add the **gnocchi** (see ingredients for amounts) and season with **salt** and **pepper**.
- Cook until golden and crispy, 8-10 mins. Stir to turn the **gnocchi** occasionally so they colour evenly.
- Once nicely golden, transfer the **gnocchi** to a plate. **TIP:** Do this in batches if necessary.



3. Start the Sauce

- Meanwhile, heat another drizzle of **oil** in another large frying pan on high heat.
- Add the **sliced mushrooms** and season with **salt** and **pepper**.
- Cook, stirring regularly, until browned, 6-8 mins.
- Lower the heat to medium then add the **garlic** and cook for a further one minute.



4. Simmer

- Add the **water** to the pan (see ingredients for amount), along with the **mushroom paste** and **crème fraîche**.
- Stir to combine and bring to a bubble. Simmer for one minute.



5. Cook the Spinach

- Add the **spinach** a handful at a time, stirring, until it has all wilted, 2-3 mins.
- Return the **gnocchi** to the pan, stir to combine and cook until everything is piping hot. **TIP:** Add a splash of water at this stage, if the sauce is a bit thick.
- Season the sauce to taste with **salt** and **pepper**.
- Remove the pan from the heat and get ready to serve!



6. Serve

- Share the **gnocchi** between your plates.
- Finish with a sprinkle of **parsley** and the **hard Italian cheese**.

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.