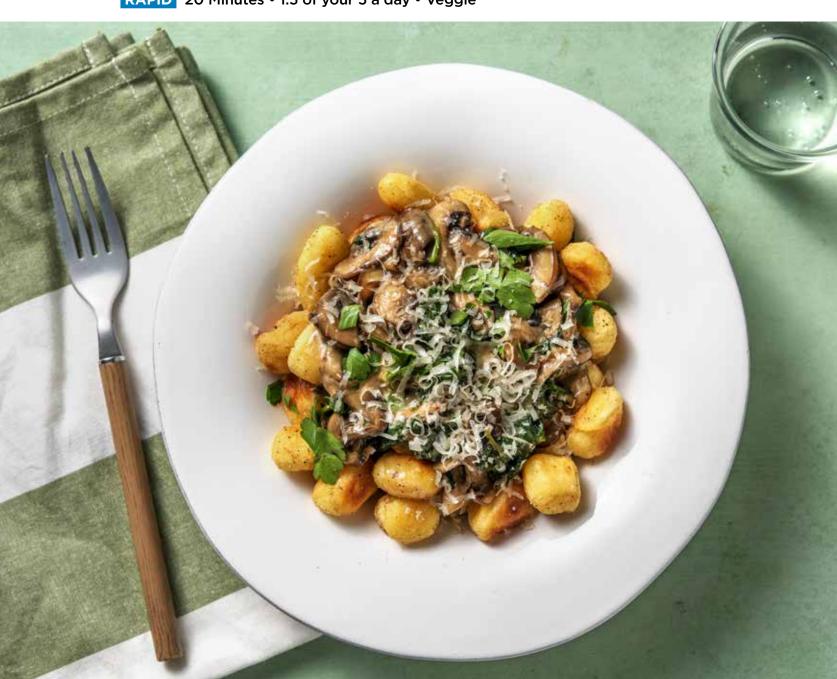


Creamy Mushroom Gnocchi

with Spinach

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







Flat Leaf Parsley



Garlic Clove



Gnocchi



Sliced Mushrooms



Wild Mushroom



Sauce Paste



Baby Spinach



Grated Italian Style Hard Cheese

Before you start

Our fruit, veggies and herbs need a wash before vou 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
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*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

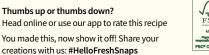
7) Milk 8) Egg 13) Gluten

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

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



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Packed in the UK



1. Get Prepped

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



2. Cook the Gnocchi

- a) Heat a glug of oil in a frying pan on medium-high heat.
- b) When hot, add the gnocchi (see ingredients for amounts) 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 plate.**TIP:** Do this in batches if necessary.



3. Start the Sauce

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



4. Simmer

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



5. Cook the Spinach

- a) Add the spinach a handful at a time, stirring, until it has all wilted, 2-3 mins.
- **b)** 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.
- c) Season the sauce to taste with salt and pepper.
- **d)** Remove the pan from the heat and get ready to serve!



6. Serve

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