



# Creamy Rocket Pesto Gnocchi

with Courgette and Baby Plum Tomatoes



## HELLO GNOCCHI

Gnocchi is Italian for 'dumpling' One on its own is called Gnoccho.



Baby Plum Tomatoes



Courgette



Garlic Clove



Walnuts



Half Fat Crème Fraîche



Green Pesto



Italian Style Grated Hard Cheese



Gnocchi



Rocket

Juicy tomatoes combine beautifully with plump little gnocchi, fried until they're golden. Add a creamy pesto sauce and it becomes a symphony of summery flavour... even if the weather doesn't quite feel like summer yet!

- 30 mins
- 2 of your 5 a day
- Veggie

MEAL BAG

12

## BEFORE YOU START

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



### 1 PREP THE VEGGIES

Halve the **tomatoes**. Remove the top and bottom from the **courgette**. Halve lengthways, then slice lengthways into 1cm wide strips. Chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **walnuts**.



### 2 MAKE THE SAUCE

Put the **crème fraîche** in a bowl and mix in the **pesto** and **half the hard Italian cheese**. Season with **salt** and **pepper**. Stir to combine and set aside.



### 3 FRY THE GNOCCHI!

Heat a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **gnocchi** and fry until golden, 6-8 mins. Stir every minute or so to make sure the **gnocchi** doesn't burn. Season with a pinch of **salt** and a grind of **black pepper**.



### 4 COOK THE COURGETTE

Once golden, remove the **gnocchi** from the pan and set to one side. Add another drizzle of **oil** to the now-empty frying pan and add the **chopped courgette**. Stir-fry until softened and slightly coloured, another 3-4 mins.



### 5 ADD THE TOMATOES

Stir the **garlic** and **tomatoes** into the pan. Cook for 3 mins more, until the **tomatoes** are starting to soften, then return the **gnocchi** to the pan. Stir regularly to stop the **garlic** from burning!



### 6 FINISH AND SERVE

Take the pan off the heat and mix the **creamy pesto** and **half of the chopped walnuts** into the **gnocchi**. Add a small splash of **water** if it looks a little thick! Serve the **gnocchi** in bowls, with the **rocket** leaves on top. Sprinkle over the chopped **walnuts** and remaining **hard Italian cheese**. **Buon Appetito!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Courgette *	1	1	2
Garlic Clove *	1	2	2
Walnuts 2)	1 bag	1½ bags	2 bags
Half Fat Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Green Pesto 2) 7)	1 pot	1½ pots	2 pots
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Gnocchi 13)	400g	600g	800g
Rocket *	1 bag	1½ bag	2 bags

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 553G	PER 100G
Energy (kJ/kcal)	2941 / 703	532 / 127
Fat (g)	30	6
Sat. Fat (g)	11	2
Carbohydrate (g)	81	15
Sugars (g)	11	2
Protein (g)	23	4
Salt (g)	2.11	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 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.

### 👍 THUMBS UP OR THUMBS DOWN?

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