

Creamy Rocket Pesto Gnocchi

with Courgette and Baby Plum Tomatoes





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





Baby Plum Tomatoes







Garlic Clove



Half Fat Crème Fraîche



Gnocchi

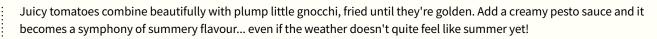
Italian Style Grated Hard Cheese



Rocket



30 mins 2 of your 5 a day Veggie



Green Pesto

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!



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**.



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.



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**.

INGREDIENTS

	2P	3P	4P
Baby Plum Tomatoes	1 small	1 large	1 large
	punnet	punnet	punnet
Courgette 🚸	1	1	2
Garlic Clove 🚸	1	2	2
Walnuts <mark>2)</mark>	1 bag	1½ bags	2 bags
Half Fat Crème	3⁄4	1	1½
Fraîche 7) 🚸	pouch	pouch	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 <mark>13)</mark>	400g	600g	800g
Rocket 🚸	1 bag	1½ bag	2 bags

✤ Store in the Fridge

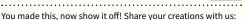
NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 553G	PER 100G
Energy (kJ/kcal)	2941/703	532/127
Fat (g)	30	6
Sat. Fat (g)	11	2
Carbohydrate (g)	81	15
Sugars (g)	11	2
Protein (g)	23	4
Salt (g)	2.11	0.38

Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS**

2) Nut 7) Milk 8) Egg 13) Gluten

SWash 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? Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



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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!