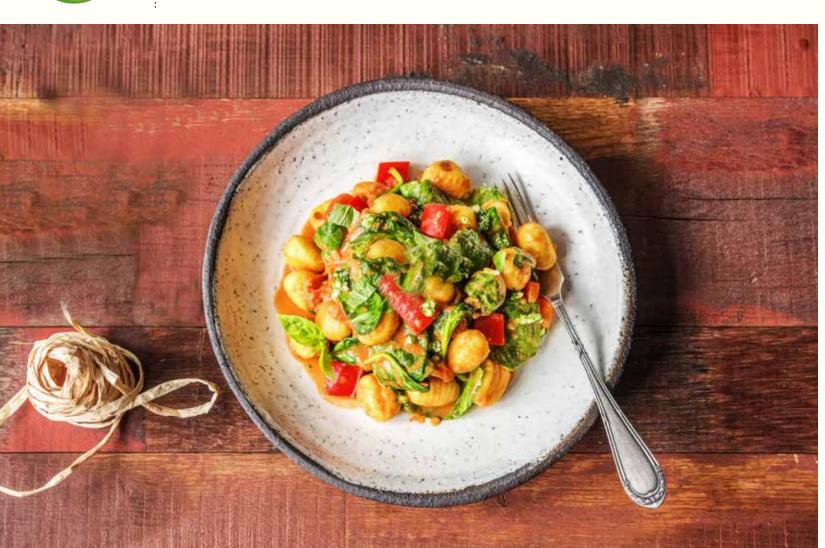


Creamy Tomato Gnocchi

with Hazelnut & Chive Pesto





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











Finely Chopped Tomatoes









Baby Spinach



Crème Fraîche

30 mins





Gnocchi with pesto is an all-time favourite. We've given this version a HelloFresh twist by pan-frying the gnocchi. It gives the pillowy little dumplings a beautifully crisp crust. We've also mixed up the pesto by replacing the usual basil and pine nuts with chives and hazelnuts. This dish went down a treat at the Fresh Farm and we hope you love it too!

START

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



PREP THE VEGGIES
Halve and peel the onion. Chop into small pieces. Halve the pepper and discard the core and seeds. Chop into 1cm pieces. Peel and grate the garlic (or use a garlic press). Roughly chop the parsley (stalks and all).



Put a splash of oil in a large saucepan on medium heat and add the onion. Cook until soft, stirring occasionally, 5 mins. Add the red pepper and season with salt and pepper. Cook for another 5 mins. Add the garlic and half the parsley. Cook for 1 minute more. Add the finely chopped tomatoes and bring to the boil, then reduce the heat to low. Let the sauce simmer gently for 10 mins, stirring from time to time.



FRY THE GNOCCHI
Meanwhile, put a good glug of oil in a
frying pan on medium-high heat. When hot,
add the gnocchi (see ingredients for amount).
Cook until golden and crispy, 8-10 mins. Stir
to turn the gnocchi occasionally so they
cook evenly.



MAKE THE PESTO

While the sauce and gnocchi are cooking, make the pesto. Roughly chop the hazelnuts. Finely chop the chives. ★ TIP: Use scissors for this if you want! Pop the hazelnuts, chives and half the remaining parsley into a mixing bowl and add the olive oil (see ingredients for amount). Season with a pinch of salt and pepper and stir everything together well.



Once the **gnocchi** is golden, remove the pan from the heat. Add the **spinach** one handful at a time to the pan with the **tomato sauce** and gently stir until wilted. Remove the **sauce** from the heat and stir in the **crème fraîche**. Taste and add more **salt** and **pepper** if necessary. Add the **gnocchi** to the **sauce** and mix well.



Serve the creamy tomato gnocchi in bowls. Sprinkle the remaining parsley over the top, along with the hazelnut and chive pesto. Enjoy!

INGREDIENTS

	2P	3P	4P
Onion 🌞	1	1	2
Red Pepper 🌞	1	2	2
Garlic Clove 🏶	1	2	2
Parsley *	1 bunch	1 bunch	1 bunch
Finely Chopped	1	1½	2
Tomatoes	cartons	cartons	cartons
Gnocchi 13) *	300g	450g	600g
Hazelnuts 2)	1 bag	1½ bags	2 bags
Chives *	1 bunch	1 bunch	1 bunch
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches

*Not Included

* Store in the Fridge

NUTRITION FOR JNCOOKED INGREDIENT	PER SERVING 663G	PER 100G
Energy (kJ/kcal)	2851/682	430 /103
Fat (g)	39	6
Sat. Fat (g)	12	2
Carbohydrate (g)	76	11
Sugars (g)	19	3
Protein (g)	15	2
Salt (g)	1.82	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 13) Gluten

(a) 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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