



# Gnocchi Bolognese

with Cheesy Broccoli



## HELLO BROCCOLI

*This vegetable is actually a flower head - each of those tiny little green dots is a bud!*



Echalion Shallot



Garlic Clove



Broccoli



Carrot



Cheddar Cheese



Beef Mince



Provençal Herbs



Diced Tomatoes



Tomato Passata



Worcestershire Sauce



Beef Stock Pot



Water



Gnocchi



Basil

45 mins

5 of your 5 a day

We've reinvented the classic bolognese by teaming it with crispy gnocchi. These delicious, pillowy little dumplings become extra tasty when fried 'til golden brown. It's a dish that looks indulgent but, hidden under the melted cheese, has four of your five-a-day!

## 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**), **Peeler**, **Coarse Grater**, **Baking Tray**, **Baking Paper**, **Large Saucepan**, **Measuring Jug** and **Frying Pan**. Now, let's get cooking!



### 1 PREP TIME!

Preheat your oven to 200°C. Halve, peel and thinly slice the **shallot** into half moons. Peel and grate the **garlic** (or use a garlic press). Cut the **broccoli** into florets (small trees!). Peel the **carrot** and remove the top and bottom, then grate on the coarse side of your grater. Also grate the **cheddar cheese**. Place the **broccoli florets** on a lined baking tray and drizzle with **oil**, a pinch of **salt** and **black pepper**. Set aside.



### 4 FRY THE GNOCCHI

Meanwhile, heat a splash of **oil** in a frying pan over medium-high heat. Add the **gnocchi** and a pinch of **salt**. Cook until lightly golden on the outside and fluffy on the inside, 10-12 mins. **TIP:** You may wish to do this in batches!



### 2 BROWN THE BEEF

Heat a splash of **oil** in a large saucepan over high heat. Add the **beef mince** and use a wooden spoon to break it up. Cook until browned, 5 mins. Add the **shallot**. Cook until soft, 3 mins. Next, add the **garlic**, **carrot** and **Provençal herbs**. Cook for 1 minute more.



### 5 GRILL THE BROCCOLI

Remove the **broccoli** from your oven and preheat your grill to high. Sprinkle the **cheese** over the **broccoli**. Grill until melted and golden, 4-5 mins. **TIP:** You might like to reserve a little grated cheese for sprinkling over your bolognese later!



### 3 SIMMER THE BOLOGNESE

Stir in the **tinned diced tomatoes**, **tomato passata**, **Worcestershire sauce**, **beef stock pot** and **water** (amount specified in the ingredient list). Mix well and bring to the boil, then reduce the heat until the **sauce** is gently bubbling. Simmer for 15 mins. Whilst the bolognese is cooking, pop the **broccoli** on the middle shelf of your oven. Roast until crispy, 15 mins.



### 6 FINISH AND SERVE

Pick the **basil leaves** from their stalks and roughly tear into pieces (discard the stalks). Stir the **leaves** into the **bolognese**. Now add the **gnocchi** and season with **salt** and **black pepper** to taste. Remove the **cheesy broccoli** from under your grill and serve alongside the **gnocchi bolognese**. **Buon appetito!**

## 2 PEOPLE INGREDIENTS

Echalion Shallot, sliced	1
Garlic Clove, grated	1
Broccoli, florets	1
Carrot, grated	1
Cheddar Cheese, grated 7)	60g
Beef Mince	250g
Provençal Herbs	½ tbsp
Diced Tomatoes	½ tin
Tomato Passata	1 carton
Worcestershire Sauce	½ tbsp
Beef Stock Pot	½
Water*	50ml
Gnocchi 1)	250g
Basil, torn	½ bunch

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	645	84
(kJ)	2704	350
Fat (g)	19	2
Sat. Fat (g)	10	1
Carbohydrate (g)	65	8
Sugars (g)	20	3
Protein (g)	53	7
Salt (g)	5.81	0.75

### ALLERGENS

1)Gluten 7)Milk

**Beef Stock Pot Ingredients:** Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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