



# Gnocchi Bolognese

with Spinach and Mushrooms



## HELLO GNOCCHI

The word *gnocchi* may be derived from the Italian word *nocchio*, meaning a knot in wood.



Beef Mince



Chestnut Mushrooms



Parsley



Worcester Sauce



Red Wine Stock Pot



Finely Chopped Tomatoes with Garlic & Onion



Tomato Purée



Gnocchi



Baby Spinach



Italian Style Grated Hard Cheese

We've given this classic favourite a deliciously speedy twist. These versatile Italian potato dumplings are beautiful baked or fried, but for this recipe, to save you time, we decided to boil the gnocchi, giving them a buttery melt-in-the-mouth texture which works perfectly with the rich and speedy bolognese sauce. If you're a pasta lover looking for something a little bit different, this dish is guaranteed to get full marks!

🕒 20 mins

🍏 2 of your 5 a day

⚡ Rapid recipe

GET **PREPARED!**

🔥 Fill and Boil your **Kettle**.

# BEFORE YOU START

- 🔥 Fill and Boil your **Kettle**.
- 🧼 Wash the veggies.
- 🍴 Make sure you've got a **Large Frying Pan, Large Saucepan** and **Colander**. Let's start cooking the **Gnocchi Bolognese with Spinach and Mushrooms**



## 1 START THE BOLOGNESE

- Heat a splash of **oil** in a large frying pan on medium-high heat.
- When hot, add the **beef mince**, breaking it up with a wooden spoon. Cook, stirring occasionally, until browned, 3-4 mins.



## 2 CHOP THE MUSHROOMS

- Meanwhile chop the **mushrooms** into quarters.
- Roughly chop the **parsley** (stalks and all).
- Fill and boil your kettle.



## 3 SIMMER THE SAUCE

- Add the **mushrooms** to the pan with the **beef** and cook, until starting to brown, 2 mins. Stir occasionally.
- Add the **Worcester sauce, tomato purée, stock pot, finely chopped tomatoes** and a pinch of **sugar** (if you have some).
- Stir and bring to the boil. Reduce the heat and simmer until thickened, 5-7 mins.  
**! IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



## 4 COOK THE GNOCCHI

- Three mins before the **bolognese** is ready, fill a large saucepan with the boiling **water** from your kettle and bring back to the boil on high heat.
- Add the **gnocchi** to the pan of boiling **water**, stir and cook for 2 mins.



## 5 FINISH THE BOLOGNESE

- Stir the **spinach** into the **bolognese**. Cook until wilted, 2 mins.
- Drain the **gnocchi** in a colander then mix into the **bolognese sauce** along with **half the parsley**.



## 6 SERVE

- Serve your **gnocchi bolognese** in bowls sprinkled with the remaining **parsley** and the **Italian style grated hard cheese**.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Beef Mince *	240g	360g	480g
Chestnut Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Parsley *	1 bunch	1 bunch	1 bunch
Worcester Sauce	½ sachet	½ sachet	1 sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Gnocchi 13)	300g	450g	600g
Baby Spinach *	1 small bag	1 small bag	1 large bag
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 667G	PER 100G
Energy (kJ/kcal)	2887 / 690	433 / 103
Fat (g)	25	4
Sat. Fat (g)	11	2
Carbohydrate (g)	71	11
Sugars (g)	19	3
Protein (g)	42	6
Salt (g)	5.56	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg 13) Gluten 14) Sulphites

🧼 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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HelloFresh UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

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