



Green Creamy Lemony Gnocchi with Toasted Pine Nuts

Classic 35 Minutes • 1 of your 5 a day • Veggie

21



Echalion Shallot



Garlic Clove



Courgette



Chives



Lemon



Gnocchi



Pine Nuts



Baby Spinach



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Peeler, Grater, Saucepan, Colander, Aluminium Foil and Frying Pan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Courgette**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Gnocchi 13	500g	750g	1000g
Pine Nuts	15g	15g	30g
Baby Spinach**	100g	150g	200g
Vegetable Stock Paste 10	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Crema Fraiche** 7	150g	225g	300g
Grated Hard Italian Style Cheese** 7 8	25g	40g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	620g	100g
Energy (kJ/kcal)	3112 / 744	502 / 120
Fat (g)	32	5
Sat. Fat (g)	13	2
Carbohydrate (g)	95	15
Sugars (g)	11	2
Protein (g)	24	4
Salt (g)	2.93	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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Get Started

Bring a large saucepan of **water** to the boil with ½ **tsp** of **salt**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **courgette**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **courgette**. Stop when you get to the spongy centre. Finely chop the **chives** (use scissors if you like). Zest and halve the **lemon** (see ingredients for amount).



Make the Sauce

Put your frying pan back on medium heat with a splash of **oil** and add the **shallot**. Cook until softened, stirring occasionally, 4-5 mins, then add the **veg stock paste** and **water** (see ingredients for amount). Stir to combine, then lower the heat and simmer until reduced by half, 3-4 mins.



Boil the Gnocchi

Add the **gnocchi** to the **boiling water** and simmer until they float to the top, 2-3 mins. Drain well in a colander then pop back into the pan. Drizzle with **oil** and stir through to stop them sticking together. Then set aside - we'll fry them later on. Meanwhile, heat a large frying pan on medium heat (no **oil**). Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.** Transfer them to a bowl then set aside.



Fry the Gnocchi

Meanwhile, heat a drizzle of **oil** in another large frying pan on high heat. Once hot, add the **gnocchi** and stir fry until golden, 6-8 mins. **TIP: Cook in batches if necessary.** Once your **sauce** has reduced, stir in the **crema fraiche**, heat through until piping hot, then season with **pepper**. Stir through **half** the **chives** and **half** the **grated hard Italian style cheese**. Add the **gnocchi** to your **sauce** along with **half** the **greens** and gently stir everything together. Add the **lemon zest** and a squeeze of **lemon juice**.



Stir-Fry the Greens

Pop your frying pan back on medium-high heat and add a drizzle of **oil**. Once hot, add the **courgette** and season with **salt** and **pepper**. Cook until softened, 2-3 mins, then stir in the **garlic** and cook for 1 min more. Add the **spinach** a handful at a time and cook until wilted, 1-2 mins. Pop the **cooked greens** in a mixing bowl and cover with some foil to keep warm.



Finish and Serve

If the **sauce** needs loosening up, just add a splash of **water**. Taste your **sauce** and add more **lemon juice**, **salt** and **pepper** if needed. Serve the **creamy gnocchi** in bowls topped with the remaining **greens**. Finish with a sprinkle of **pine nuts** and the remaining **chives** and **cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.