







More Than Food  
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## Mushroom, Broccoli and Pancetta Gnocchi

We think that crispy pan-fried gnocchi with crème fraîche is not only super tasty but incredibly easy to make! The gnocchi has a crispy coating and a pillow-like centre, accompanied by 'meaty' chestnut mushrooms, tasty broccoli, cheese and flat leaf parsley. We think we've made our own delicacy with this twist on a classic Italian dish!

 25 mins

 3 of your 5 a day

 healthy



Echalion Shallot (1)



Garlic Clove (1)



Chestnut Mushrooms (1 punnet)



Flat Leaf Parsley (½ bunch)



Pancetta (1 pack)



Water (100ml)



Gnocchi (350g)



Broccoli (½)



Crème Fraîche (1 pot)



Parmesan Cheese (20g)

## 2 PEOPLE INGREDIENTS

- Echalion Shallot, chopped
- Garlic Clove, chopped
- Chestnut Mushrooms, chopped
- Flat Leaf Parsley, chopped
- Pancetta

1

1

1 punnet

½ bunch

1 pack

- Water

- Gnocchi

- Broccoli, florets

- Crème Fraîche

- Parmesan Cheese

100ml

350g

½

1 pot

20g



Our fruit and veggies may need a little wash before cooking!

### Did you know...

Gnocchi is Italian for dumplings.

**Allergens:** Mustard, Gluten, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	569 kcal / 2385 kJ	26 g	12 g	61 g	4 g	19 g	1 g
Per 100g	128 kcal / 536 kJ	6 g	3 g	14 g	1 g	4 g	0 g

1



**1** Peel and finely chop the **shallot** and the **garlic**. Clean the **chestnut mushrooms** (preferably by wiping with kitchen paper as this retains the flavour, but you can use water) and roughly chop. Finely chop the **parsley**.

2



**2** Heat a splash of **oil** in a frying pan over high heat. Add your **mushrooms** in small batches to make sure they go golden brown, then remove from the pan. Fry the **pancetta** in the (now empty) pan, until it starts to crisp. Then, add your **shallot** and **garlic** and cook for a few more mins.

3



**3** Return your **mushrooms** to the pan along with the **water** (as stated in the ingredient list), and a few grinds of **black pepper**. Allow to simmer over medium heat for 8-10 mins until thickened. Meanwhile, bring a pot of water to the boil with a pinch of **salt**.

4



**4** In another frying pan, heat a glug of **oil** on medium-high heat. When hot, add the **gnocchi**. Gently fry for 8 mins, until crispy around the edges. Remove from the heat. Meanwhile, cut the **broccoli** into small florets. Plunge into the pot of boiling water for 3 mins, then remove, drain and keep to the side.

5



**5** Stir the **crème fraîche** into your **mushroom mixture**. Add your **gnocchi** and your **broccoli** and give it all a good stir. Taste for seasoning and add more **salt** and **pepper** if necessary.

**6** Divide your **gnocchi** between your bowls and top with grated **parmesan** and your **parsley**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!