







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



family box



Echalion Shallot (2)



Garlic Clove (2)



Chestnut Mushrooms (1 punnet)



Flat Leaf Parsley (1 bunch)



Pancetta (2 packs)



Water (200ml)



Gnocchi (700g)



Broccoli (1)




Crème Fraîche (1 pot)



Parmesan Cheese (4 tbsp)

## 4 PEOPLE INGREDIENTS

- Echalion Shallot, chopped **2**
- Garlic Clove, chopped **2**
- Chestnut Mushrooms, chopped **1 punnet**
- Flat Leaf Parsley, chopped **1 bunch**
- Pancetta **2 packs**
- Water **200ml**
- Gnocchi **700g**
- Broccoli, florets **1**
- Crème Fraîche **1 pot**
- Parmesan Cheese **4 tbsp**

 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 |
|--------------------|--------------------|------|----------|-------|-------|---------|------|
| <b>Per serving</b> | 569 kcal / 2385 kJ | 26 g | 12 g     | 61 g  | 4 g   | 19 g    | 1 g  |
| <b>Per 100g</b>    | 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 **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



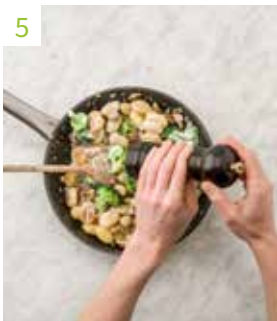
**2** Heat a splash of **oil** in a frying pan over high heat. Add your **mushrooms** in small batches to make sure they go golden-brown, then remove from the pan. Fry the **pancetta** in the (now empty) pan, until it has started to crisp. Then, add your **shallot** and **garlic** and cook for a few 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 **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 it's crispy around the edges. Remove from the heat. Meanwhile, cut the **broccoli** up 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** as you wish.

**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!