



Pan-Fried Gnocchi

with Pancetta & Chestnut Mushroom Sauce



HELLO GNOCCHI

The word gnocchi is thought to originate from the word 'nocca' meaning 'knuckle' because of its shape.



Echalion Shallot



Garlic Clove



Chestnut Mushrooms



Flat Leaf Parsley



Broccoli florets



Gnocchi



Pancetta



Crème Fraîche



Hard Italian Cheese

MEAL BAG

Hands on: **10** mins
Total: **30** mins

2.5 of your
5 a day

Family Box

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'd say we've made our own delicacy with this twist on a classic Italian dish!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, **Fine Grater** (or **Garlic Press**), **Colander**, **Frying Pan**, **Baking Tray**, **Measuring Jug** and **Coarse Grater**. Now, let's get cooking!



1 PREP TIME!

Preheat your oven to 100°C. Put a large saucepan of **water** with a pinch of **salt** on to boil for the broccoli. Halve, peel and finely chop the **shallot**. Peel and grate the **garlic** (or use a garlic press). Slice each **mushroom** into about four pieces. Finely chop the **parsley** (stalks and all).



2 COOK THE BROCCOLI

Add the **broccoli** to the boiling water and simmer until just cooked, 3-4 mins. Once cooked, drain in a colander and keep to the side. **★TIP:** Don't worry about it going cold, it will be warmed up in the sauce later!



3 PAN-FRY THE GNOCCHI

Meanwhile, heat a glug of **oil** in a frying pan over medium-high heat. Once hot, add the **gnocchi** and fry until crispy around the edges, about 8 mins. **★TIP:** Cook the *gnocchi* in batches if your frying pan is not big enough to cook it all in a single layer (you want it brown and crispy). Once cooked, transfer the **gnocchi** to a baking tray and place on the middle shelf of your oven to keep warm until the end. Keep the pan!



4 START THE SAUCE

Heat another splash of **oil** in your now empty frying pan over high heat. Add the **shallot** and **pancetta** and cook, stirring, until the pancetta has browned and the **shallot** is soft, 4 mins. Add the **mushrooms** and fry until they are soft and browned, 5 mins. Finally, add the **garlic**, stir together and cook for 1 minute more.



5 FINISH THE SAUCE

Add the **water** (see ingredients for amount) and a few grinds of **pepper** to your frying pan. Allow to simmer over medium heat until the water has reduced, 8-10 mins. Once reduced, stir the **crème fraîche** into the **sauce**. Add in the **gnocchi** and **broccoli** and give it all a good stir, making sure everything is nicely warmed through.

6 DISH UP!

Taste for seasoning and add more **salt** and **pepper** if necessary. Divide the **gnocchi** between your bowls, sprinkle over the **hard italian cheese** and top with **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot	1	2	2
Garlic Clove	1	2	2
Chestnut Mushrooms	1 small punnet	1 large punnet	1 large punnet
Flat Leaf Parsley	½ bunch	1 bunch	1 bunch
Broccoli Florets	200g	300g	400g
Gnocchi 13)	350g	500g	700g
Pancetta	60g	90g	120g
Water*	100ml	150ml	200ml
Crème Fraîche 7)	1 small pot	1 large pot	1 large pot
Hard Italian Cheese 7)	20g	30g	40g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 485G	PER 100G
Energy (kcal)	594	122
(kJ)	2485	512
Fat (g)	28	6
Sat. Fat (g)	13	3
Carbohydrate (g)	65	13
Sugars (g)	5	1
Protein (g)	25	5
Salt (g)	2.58	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

🧼 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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