



Porky Gnocchi with Spinach and Cheese

Classic 25 Minutes • 1 of your 5 a day

5



Pork Mince



Garlic Clove



Dried Italian Herbs



Gnocchi



Worcester Sauce



Finely Chopped Tomatoes with Onion and Garlic



Red Wine Stock Paste



Baby Spinach



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:

Large Saucepan, Frying Pan, Wooden Spoon, Garlic Press, Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Garlic Clove**	1	2	2
Dried Italian Herbs	1 sachet	1 sachet	2 sachets
Gnocchi 13)	500g	750g	1000g
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	719g	100g
Energy (kJ/kcal)	3447 /824	479 /115
Fat (g)	24	3
Sat. Fat (g)	10	1
Carbohydrate (g)	106	15
Sugars (g)	18	2
Protein (g)	43	6
Salt (g)	5.95	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Fry the Pork

Bring a large saucepan of **water** to the boil over high heat with $\frac{1}{2}$ **tsp** of **salt**. Heat a drizzle of **oil** in a large frying pan on high heat and add the **pork**. Cook until browned, 2-3 mins. Break it up with a spoon as it cooks. Drain and discard any excess fat. **IMPORTANT:** Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle. Meanwhile, peel and grate the **garlic** (or use a garlic press). Add the **garlic** to the **pork** and sprinkle over the **Italian herbs**. Cook, stirring, for another min.



Wilt the Spinach

When the **sauce** is cooked, add in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



Cook 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. Pop back in the pan, drizzle with **oil** and stir through to stop them sticking together. 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.



Finish Up

Toss the **gnocchi** through the **sauce** along with **half** of the **grated hard Italian style cheese**. Taste and season with **salt** and **pepper** if needed.



Make the Sauce

While the **gnocchi** cooks, add the **Worcester sauce** to the **pork**. Stir and allow to bubble away until evaporated, 30 secs. Stir in the **finely chopped tomatoes**, **red wine stock paste**, **water** (see ingredients for amount) and a pinch of **sugar** (if you have any). Bring to the boil, stirring, then reduce the heat to medium and simmer until the **sauce** thickens, 8-10 mins. **TIP:** Add a splash more water if it gets too thick.



Serve

Serve the **porky gnocchi** in bowls finished with a sprinkle of the remaining **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.