



Prawn and Tomato Gnocchi

with Brazil Nut Pesto



HELLO PRAWNS

Researchers in Egypt are developing a method for turning prawn shells into biodegradable plastic!



Echalion Shallot



Garlic Clove



Leek



Flat Leaf Parsley



Brazil Nuts



Hard Italian Cheese



Olive Oil



Gnocchi



Plum Tomatoes



Water



Vegetable Stock Pot



King Prawns

MEAL BAG

30 mins

3.5 of your 5 a day

Once you've seen how easy it is to make a homemade pesto, bursting with fresh herby flavour, you'll never reach for the shop-bought variety again! Paired with pan-fried crispy gnocchi and deliciously juicy prawns, this 30-minute recipe makes for an easy but impressive dinner.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Small Bowl**, **Frying Pan**, **Large Saucepan** and **Measuring Jug**. Now, let's get cooking!



1 PREP TIME

Halve, peel and chop the **shallot** into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Remove the root and the dark green tops from the **leek**, halve lengthways and slice into thin half moons. Twist and tear the **parsley** bunch in half. Pick the **parsley leaves** from their stalks and roughly chop. Finely chop the **stalks** (keep them separate). Roughly chop the **brazil nuts**.



2 MAKE THE PESTO

Pop your chopped **parsley leaves** in a small bowl with your **brazil nuts** and the **hard Italian cheese**. Add the **olive oil** (amount is specified in the ingredient list), a pinch of **salt** and a grind of **black pepper** and mix together.



3 FRY THE GNOCCHI

Heat a glug of **oil** in a frying pan on medium-high heat. Add the **gnocchi** and fry until it is golden and crispy, 10-12 mins. ★ **TIP:** *Make sure to stir the gnocchi to ensure all sides are crispy.*



4 SOFTEN THE LEEK

Meanwhile, put a large saucepan on medium heat with a drizzle of **oil** and add the **shallot** and **leek**. Cook until soft, 5 mins. Next, add the **garlic** and **parsley stalks**. Cook for 1 minute more.



5 ADD THE TOMATOES

Add the **plum tomatoes** to your pan with the **shallot** and **leek**. Use a wooden spoon to break them up. Add the **water** (amount specified in the ingredient list) and stir in the **vegetable stock pot**. Stir to dissolve the **stock pot** and bubble away for 7-8 mins.



6 FINISH AND SERVE

Stir the **king prawns** into the **tomato sauce** and cook for 7 mins. ★ **TIP:** *The prawns are cooked when pink on the outside and opaque all the way through.* Add the **prawn** and **tomato sauce** to the **gnocchi** and stir together. Serve in bowls with a few spoonfuls of **brazil nut pesto** on top. **Enjoy!**

2 PEOPLE INGREDIENTS

Echalion Shallot, chopped	1
Garlic Clove, grated	1
Leek, sliced	1
Flat Leaf Parsley, chopped	1 bunch
Brazil Nuts 2)	25g
Hard Italian Cheese 7)	40g
Olive Oil*	4 tbsp
Gnocchi 13)	300g
Plum Tomatoes	1 tin
Water*	100ml
Vegetable Stock Pot 10) 14)	½
King Prawns 5)	120g

*Not Included

NUTRITION PER	PER SERVING	PER 100G
Energy (kcal)	736	123
(kJ)	3076	516
Fat (g)	43	7
Sat. Fat (g)	9	2
Carbohydrate (g)	62	10
Sugars (g)	13	2
Protein (g)	29	5
Salt (g)	4.40	0.74

ALLERGENS

2) Nuts 7) Milk 13) Gluten 10) Celery 14) Sulphites 5) Crustaceans

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery Salt**, **Celery Powder**, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

👍 THUMBS UP OR THUMBS DOWN?

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