






More Than Food
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Wild Mushroom 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

 healthy



Echalion Shallot (1)



Garlic Clove (1)



Chestnut Mushrooms
(1 small punnet)



Flat Leaf Parsley
(2 tbsps)



Pancetta (1 pack)



Gnocchi (300g)



Broccoli (½)



Crème Fraîche
(1 small pot)



Parmesan Cheese
(2 tbsps)

Ingredients

2 PEOPLE

ALLERGENS

| | | |
|-----------------------------|----------------|---------|
| Echalion Shallot, chopped | 1 | |
| Garlic Clove, chopped | 1 | |
| Chestnut Mushrooms, chopped | 1 small punnet | |
| Flat Leaf Parsley, chopped | 2 tbsp | |
| Pancetta | 1 pack | Mustard |
| Gnocchi | 300g | Gluten |
| Broccoli, florets | ½ | |
| Crème Fraîche | 1 small pot | Milk |
| Parmesan Cheese | 2 tbsp | Milk |

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Gnocchi is Italian for dumplings.

Nutrition per serving: Calories: 577 kcal | Protein: 26 g | Carbs: 80 g | Fat: 17 g | Saturated Fat: 11 g

1



1 Peel and finely chop the **echalion 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 1 tbsp of **oil** in a frying pan over high heat. Add the **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 up. Then, add the chopped **echalion shallot** and **garlic** and cook for a few more mins.

3



3 Return the **mushrooms** to the pan along with 100ml of **water** 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 ¼ tsp of **salt**.

4



4 In another frying pan, heat 1 tbsp 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 Stir the **crème fraîche** into your mushroom sauce. Add your **gnocchi** and your **broccoli** to the sauce 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 chopped **parsley**.

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