



Super Quick Pork & Zucchini Gnocchi

with Parmesan Cheese

TAKEAWAY FAVES

KID FRIENDLY

Grab your meal kit
with this number

5



Gnocchi



Zucchini



Tomato



Pork Mince



Garlic Paste



Nan's Special
Seasoning



Italian Herbs



Light Cooking
Cream



Chicken Stock



Parmesan Cheese



Beef
Mince



Pork
Mince



Parmesan
Cheese



Prep in: **10-20** mins
Ready in: **15-25** mins

You can't go wrong with this gnocchi that gives you your pasta, meat and veg fix all in one go. These soft, pillowy, bundles of potato are so good that even the kids will love this one!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
gnocchi	1 medium packet	2 medium packets
zucchini	1	2
tomato	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
Italian herbs	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
chicken stock	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3559kJ (850Cal)	572kJ (136Cal)
Protein (g)	46.4g	7.5g
Fat, total (g)	32.6g	5.2g
- saturated (g)	16.2g	2.6g
Carbohydrate (g)	91.2g	14.7g
- sugars (g)	6.9g	1.1g
Sodium (mg)	2527mg	406mg
Dietary Fibre (g)	4.7g	0.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the gnocchi

- Boil the kettle.
- Half-fill a large saucepan with boiling water and a generous pinch of **salt** over high heat.
- Cook **gnocchi** in boiling water until floating on the surface, **2 minutes**.
- Reserve some **pasta water** ($\frac{1}{3}$ cup for 2 people / $\frac{2}{3}$ cup for 4 people), drain and return **gnocchi** to saucepan.

3



Cook the sauce

- Heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **zucchini** and **tomato**, stirring until softened, **3-5 minutes**. Transfer to a bowl and set aside.
- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **pork mince** and **garlic paste**, breaking up pork with a spoon, until fragrant and just browned, **3-4 minutes**.
- Stir in **Nan's special seasoning** and **Italian herbs** until fragrant, **1 minute**.
- Add **light cooking cream**, **chicken stock** and the **reserved pasta water**, then return **gnocchi** and **veggies** to the pan, tossing until combined, **1 minute**.

2



Get prepped

- Meanwhile, thinly slice **zucchini** into rounds.
- Roughly chop **tomato**.

4



Finish & serve

- Divide pork and zucchini gnocchi between bowls.
- Top with **Parmesan cheese** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the Parmesan cheese!

**CUSTOM
OPTIONS**



BEEF MINCE:
Follow method above.



PORK MINCE:
Follow method above.



PARMESAN CHEESE:
Follow method above.

**SCAN CODE FOR
FULL STEPS AND
NUTRITION INFO**

