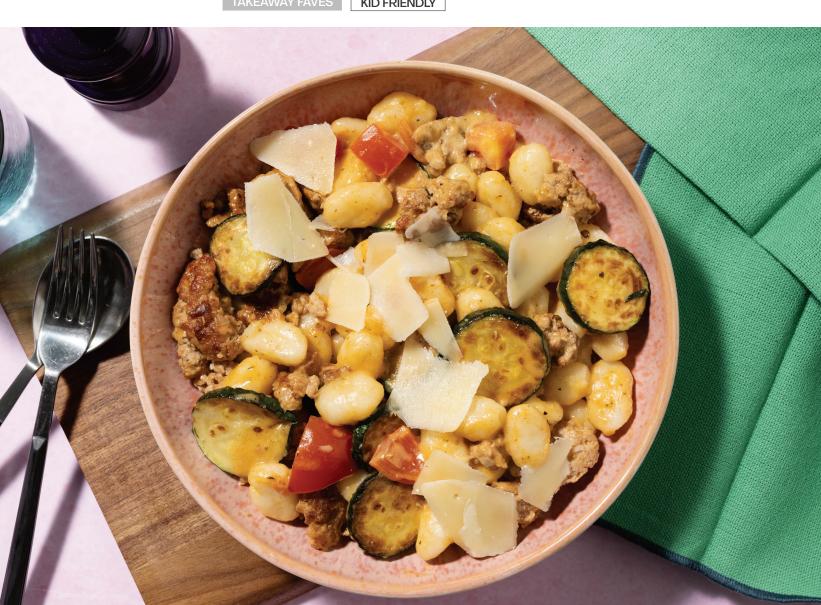
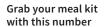


# Super Quick Pork & Zucchini Gnocchi with Parmesan Cheese

TAKEAWAY FAVES

KID FRIENDLY



















Pork Mince





Garlic Paste

Nan's Special Seasoning





Italian Herbs

**Light Cooking** Cream



Chicken Stock



Parmesan Cheese







#### 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.



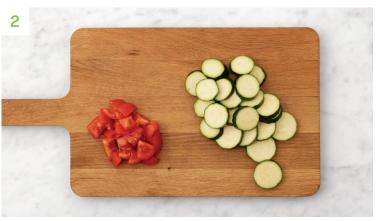
# Cook the gnocchi

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



## 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.



# Get prepped

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



#### 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!











