



# Bacon Gnocchi Carbonara

## with Spinach & Pear Salad

Grab your Meal Kit with this symbol



Red Onion



Garlic



Pear



Cucumber



Bacon



Grated Parmesan Cheese



Light Cooking Cream



Gnocchi



Pine Nuts



Baby Spinach Leaves

Hands-on: **30 mins**  
Ready in: **35 mins**

Pillowy potato gnocchi pairs perfectly with cheesy bacon carbonara. Try saying that 10 times, fast! This tongue twister is also a tastebud pleaser, especially with the crisp pear and spinach salad served on the side.

### Pantry items

Olive Oil, Balsamic Vinegar, Eggs



## Before you start

Our fruit and veggies need a little wash first!

### You will need

Large frying pan · Medium frying pan

### Ingredients

	4 People
olive oil*	refer to method
red onion	1
garlic	3 cloves
pear	1
cucumber	1
bacon	1 packet
balsamic vinegar*	2 tsp
eggs*	2
grated Parmesan cheese	3 packets (90g)
light cooking cream	1 packet (150ml)
gnocchi	1½ packets (750g)
pine nuts	2 packets
baby spinach leaves	1 bag (180g)
water*	½ cup

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3170kJ (756Cal)	597kJ (143Cal)
Protein (g)	33.3g	6.3g
Fat, total (g)	36.0g	6.8g
- saturated (g)	15.4g	2.9g
Carbohydrate (g)	73.9g	13.9g
- sugars (g)	10.7g	2.0g
Sodium (g)	1950mg	368mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



### 1. Get prepped

Thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **pear**. Thinly slice the **cucumber** into half-moons. Cut the **bacon** into 1cm pieces. In a medium bowl, combine the **balsamic vinegar** and **2 tsp of olive oil**. Set aside. In a second medium bowl, whisk the **eggs** with a fork. Add the **grated Parmesan cheese**, **light cooking cream** and a **generous pinch of pepper** to the eggs. Mix well and set aside.



### 4. Cook the bacon

Return the medium frying pan to a high heat with a **drizzle of olive oil**. Add the **bacon** and **onion** and cook until golden, **6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.



### 2. Cook the gnocchi

In a large frying pan, heat a **generous drizzle of olive oil** over a medium-high heat. When the oil is hot, add **1/2 the gnocchi** (see ingredients list) in a single layer and cook, tossing occasionally, until golden, **6-8 minutes**. Season with a **pinch of salt** and **pepper**. Transfer to a plate and repeat with the **remaining gnocchi**.

**TIP:** Add more olive oil if the gnocchi is sticking to the pan.



### 5. Bring it all together

When the gnocchi is done, return the large frying pan to a medium-high heat. Add the **baby spinach leaves** (reserve some for the salad) and cook, stirring, until wilted, **1-2 minutes**. Add the **bacon mixture** and **gnocchi** and stir to combine. Remove the pan from the heat and pour in the **carbonara sauce** and **1/3 cup water**. Mix well to combine.

**TIP:** Removing the pan from the heat before adding the carbonara sauce prevents the egg scrambling.

**TIP:** If the sauce looks too thick, add more water until the sauce is creamy and silky.



### 3. Cook the pine nuts

While the gnocchi is cooking, heat a medium frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



### 6. Serve up

Divide the bacon carbonara gnocchi between two bowls. Sprinkle the toasted pine nuts over the adults' portions. To the bowl with the salad dressing, add the cucumber, pear and reserved baby spinach leaves. Toss to coat and serve on the side.

**Enjoy!**