

CHEESY BEEF BOLOGNESE BAKED GNOCCHI

with Green Salad





Bake gnocchi with bolognese sauce









Brown Onion





Carrot













Diced Tomatoes



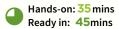




Cucumber



Mixed Salad



Knock knock. Who's there? Gnocchi! It's been roasted, then baked with a veggie-loaded tomato and beef sauce and cheesy topping, so we're pretty sure you'll want to invite it in for dinner!

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• oven tray lined with baking paper • large frying pan • large baking dish



Preheat the oven to 240°C/220°C fanforced. Place 1 1/2 packets of gnocchi in a large bowl with 3 tbs olive oil and a pinch of salt and pepper. Toss well to coat, then spread out evenly over an oven tray lined with baking paper. Roast on the top rack of the oven until tender and lightly browned, 15-20 minutes.



2 GET PREPPEDWhile the **gnocchi** is roasting, finely chop the **garlic** (or use a garlic press). Finely chop the **brown onion**. Finely dice the **zucchini**. Grate the **carrot** (unpeeled). Pick the **rosemary** leaves and roughly chop. Pick the **thyme** leaves. * TIP: Hold each sprig at the top, then gently run your fingers down to remove the leaves. Place the **thyme** leaves on a small plate and **drizzle** with a little **olive oil**. * TIP: This will prevent them burning later!



Theat a drizzle of olive oil in a large frying pan over a high heat. Add the beef mince and cook, breaking up with a spoon, until browned, 4-5 minutes. Reduce the heat to medium-high and add the onion, garlic, zucchini, carrot and rosemary. Season with salt and pepper and cook until softened, 5-6 minutes.



Add the tomato paste to the frying pan and cook, stirring, for 1 minute. Add the diced tomatoes, passata, butter, brown sugar, crumbled beef stock cubes and a pinch of pepper. Stir to combine and bring to a simmer, then remove from the heat and season to taste with salt and pepper.

**TIP: Add a dash of water to loosen if the

sauce is a little dry!



BRING IT ALL TOGETHER
Transfer the roasted gnocchi to a large baking dish and top with the beef sauce.
Sprinkle with the shredded Cheddar cheese and thyme leaves. Bake until the cheese is melted and golden, 8-10 minutes. While the gnocchi is baking, thinly slice the cucumber into half-moons. In a medium bowl, combine the balsamic vinegar and a drizzle of olive oil. Add the cucumber and mixed salad leaves and toss to coat. *TIP: Toss the salad just before serving to keep the leaves crisp!



SERVE UPDivide the cheesy beef bolognese baked gnocchi between bowls. Serve the green salad on the side.

ENJOY!

INGREDIENTS

	4 ED	
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olive oil*	refer to method	
gnocchi	1½ packets	
garlic	4 cloves	
brown onion	1	
zucchini	1	
carrot	2	
rosemary	1 bunch	
thyme	1 bunch	
beef mince	1 packet	
tomato paste	1 sachet (50g)	
diced tomatoes	1 tin	
passata	1 box (500g)	
butter*	60g	
brown sugar*	1 tbs	
beef stock	2 cubes	
shredded Cheddar cheese	1 packet (100g)	
cucumber	1	
balsamic vinegar*	2 tsp	
mixed salad leaves	1 bag (60g)	

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4280kJ (1020Cal)	419kJ (100Cal)
Protein (g)	51.2g	5.0g
at, total (g)	45.5g	4.5g
saturated (g)	23.3g	2.3g
Carbohydrate (g)	94.3g	9.3g
sugars (g)	28.0g	2.8g
Sodium (g)	2440mg	239mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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Hello@HelloFresh.com.au

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