



CHEESY BEEF BOLOGNESE BAKED GNOCCHI

with Green Salad



Bake gnocchi with bolognese sauce



Gnocchi



Garlic



Brown Onion



Zucchini



Carrot



Rosemary



Thyme



Beef Mince



Tomato Paste



Diced Tomatoes



Passata



Beef Stock



Shredded Cheddar Cheese



Cucumber



Mixed Salad Leaves

Hands-on: 35 mins
Ready in: 45 mins

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!

Pantry Staples: Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

BEFORE YOU START

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**



1 ROAST THE GNOCCHI

Preheat the oven to **240°C/220°C fan-forced**. 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**.



4 MAKE IT SAUCY

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!



2 GET PREPPED

While 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!



5 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!



3 COOK THE BEEF & VEGGIES

Heat 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**.



6 SERVE UP

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

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
gnocchi	1 1/2 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
Fat, 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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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