



Creamy Mushroom & Parmesan Gnocchi

with Cos Lettuce & Pear Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sliced Mushrooms



Gnocchi



Light Cooking Cream



Grated Parmesan Cheese



Parsley



Pear



Cos Lettuce

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 30-40 mins
 Ready in: 30-40 mins

Eat Me Early

This mellow combination of buttery mushrooms, fragrant onion and baby spinach, tossed through golden pan-fried gnocchi, makes a meal that's pure comfort. Served with a slightly sweet and peppery salad, it's got the lot!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
sliced mushrooms	1 medium packet (150g)	1 large packet (300g)
butter*	20g	40g
gnocchi	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
parsley	2 medium bags	4 medium bags
pear	½	1
balsamic vinegar*	drizzle	drizzle
cos lettuce	½ head	1 head

*Pantry Items

Nutrition

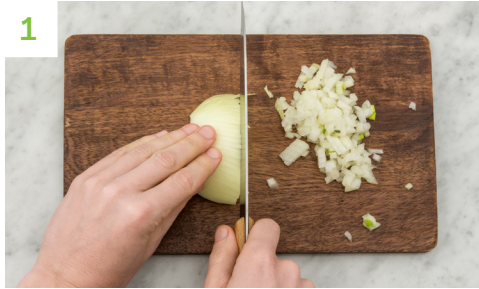
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3474kJ (830Cal)	590kJ (141Cal)
Protein (g)	24.3g	4.1g
Fat, total (g)	36.7g	6.2g
- saturated (g)	17.9g	3g
Carbohydrate (g)	97.4g	16.5g
- sugars (g)	11.7g	2g
Sodium (mg)	1893mg	322mg

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.



Get prepped

Finely chop the **brown onion**. Finely chop the **garlic**. Roughly chop the **parsley**.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5 minutes**. Add the **sliced mushrooms** and **butter** and cook until browned and softened, **8-10 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**.



Cook the gnocchi

While the mushrooms are cooking, heat a second large frying pan over a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, cook the **gnocchi**, tossing occasionally, until golden, **6-8 minutes**. Season with **salt** and **pepper**. Transfer to a plate.

TIP: Add extra oil if the gnocchi is sticking to the pan.



Bring it all together

Reduce the pan with the **veggies** to a low heat, then add the **light cooking cream**, the **salt** and **grated Parmesan cheese** (reserve some for garnish!). Add the **gnocchi** and **parsley**. Stir to combine, then remove from heat.



Prep the salad

Thinly slice the **pear** (see ingredients). Finely shred the **cos lettuce** head (see ingredients). In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add the **cos lettuce leaves** and **pear**. Toss to coat.



Serve up

Divide the creamy mushroom and Parmesan gnocchi between bowls. Sprinkle with the reserved Parmesan. Serve with the cos lettuce and pear salad.

Enjoy!

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