

## **Speedy Gnocchi**with Creamy Basil Pesto Sauce & Garden Salad





Make an easy basil pesto sauce







Lemon



Garlic



Zucc



Roma Tomato



Pine N





Greek Yoghurt



Gnocchi



Mixed Salad Leaves

Hands-on: 15 mins Ready in: 25 mins What could be more comforting than a good bowl of crispy on the outside, and pillowy soft on the inside, potato gnocchi...? Well, only gnocchi that's lightly fried and topped with creamy basil pesto sauce, obviously. Bon appetit!

**Pantry Staples:** Olive Oil, Vinegar (Balsamic Or White Wine), Honey

## START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, fine grater, lemon zester, garlic crusher, two medium bowls, large frying pan and a wooden spoon.



**TEXAMPLE 1 GET PREPPED**Zest the **lemon** to get a **pinch** and slice into wedges. Peel and crush the **garlic**. Dice the **zucchini**. Dice the **Roma tomato**.



MAKE THE BASIL PESTO SAUCE
Finely chop the pine nuts, basil (reserve a few leaves for garnish!) and flaked Parmesan cheese (use suggested amount). In a medium bowl, combine the Greek yoghurt, pine nuts, basil, Parmesan and a pinch of lemon zest. Season with black pepper. Stir and set aside. \*TIP: Use a blender or mortar and pestle for a smoother pesto if you like.



FRY THE GNOCCHI
Heat a generous drizzle of olive oil in a large frying pan over high heat. Once hot, add the gnocchi (use suggested amount) in a single layer and fry for 6-8 minutes, or until golden. Season with a pinch of salt and a pepper. \*TIP: No need to boil the gnocchi first, it can go straight into the frying pan! \*TIP: Make sure you don't overcrowd the pan - the gnocchi must be in a single layer to ensure even cooking. \*TIP: Add extra oil if required to prevent sticking.



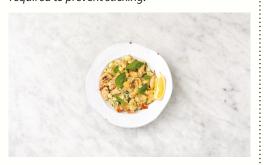
ADD THE VEGGIES

Add the garlic and zucchini to the pan and cook for 2-3 minutes, or until softened and fragrant. Add the tomato and cook for 1-2 minutes, or until warmed through. Remove the pan from the heat and add the basil pesto sauce. Toss well to coat the gnocchi.



PREP THE SALAD

While the gnocchi are cooking, combine the vinegar, honey and olive oil (3 tsp for 2 people / 1 1/2 tbs for 4 people) in a medium bowl. Add the mixed salad leaves and toss to coat. \*TIP: Add the salad leaves just before serving to prevent soggy leaves.



**SERVE UP**Divide the gnocchi between bowls.
Sprinkle over the **reserved basil leaves**. Serve the salad and lemon wedges on the side.

Enjoy!

## INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lemon	1	2
garlic	1 clove	2 cloves
zucchini	1	2
Roma tomato	2	4
pine nuts	1 packet	2 packets
basil	1 bunch	1 bunch
flaked Parmesan cheese	1½ packets (45 g)	3 packets (90 g)
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
gnocchi	34 packet (375 g)	1 ½ packets (750 g)
vinegar* (balsamic or white wine)	2 tsp	1 tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag	1 bag

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2610kJ (622Cal)	500kJ (119Cal)
Protein (g)	24.2g	4.6g
Fat, total (g)	25.3g	4.9g
saturated (g)	7.9g	1.5g
Carbohydrate (g)	71.2g	13.7g
- sugars (g)	9.6g	1.8g
Sodium (g)	1360mg	261mg

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

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