



Speedy Gnocchi

with Creamy Basil Pesto Sauce & Garden Salad



Make an easy basil pesto sauce



Flaked Parmesan Cheese



Lemon



Garlic



Zucchini



Roma Tomato



Pine Nuts



Basil



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

BEFORE YOU 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**.



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**.



2 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.



3 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.



4 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**.



5 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.



6 SERVE UP

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

Enjoy!

2 | 4 PEOPLE 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	1 1/2 packets (45 g)	3 packets (90 g)
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
gnocchi	3/4 packet (375 g)	1 1/2 packets (750 g)
vinegar* (balsamic or white wine)	2 tsp	1 tbs
honey*	1/2 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](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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