



Italian Beef & Gnocchi Bolognese

with Pear Salad

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Zucchini



Carrot



Beef Mince



Italian Herbs



Gnocchi



Tomato Paste



Passata



Beef Stock



Pear



Mixed Salad Leaves



Grated Parmesan Cheese

Hands-on: 15-25 mins
Ready in: 20-30 mins

Some Bolognese recipes want long hours of slow simmering, but not ours! We get a rich, flavour-packed sauce using passata, beef mince, Italian herbs and veggies, then spoon it over pan-fried gnocchi for a twist on the classic pasta dish.

Pantry items

Olive Oil, Butter, Brown Sugar
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

Medium frying pan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	1	2
zucchini	1	2
carrot	1	2
beef mince	1 packet	1 packet
Italian herbs	1 sachet	2 sachets
gnocchi	1 packet	2 packets
tomato paste	1 sachet	2 sachets
passata	½ box (400g)	4 boxes (800g)
butter*	30g	60g
brown sugar*	1 tsp	2 tsp
beef stock	1 cube	2 cubes
pear	1	2
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4427kJ (1058Cal)	435kJ (103Cal)
Protein (g)	53.4g	5.3g
Fat, total (g)	34.8g	3.4g
- saturated (g)	16.8g	1.7g
Carbohydrate (g)	123.8g	12.2g
- sugars (g)	34.9g	3.4g
Sodium (mg)	2654mg	261mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Finely chop the **garlic** (or use a garlic press). Finely chop the **brown onion**. Grate the **zucchini** and **carrot** (unpeeled).



2. Start the bolognese

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **garlic, onion, zucchini, carrot** and **Italian herbs**. Season with **salt** and **pepper** and cook until softened, **4-5 minutes**. Remove from the heat.



3. Pan-fry the gnocchi

While the veggies and beef mince are cooking, heat a **generous drizzle of olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add **1/2** the **gnocchi** in a single layer and fry until golden, **6-8 minutes**. Season with a **pinch of salt** and **pepper**. Transfer to a bowl and repeat with the **remaining gnocchi**.

TIP: Allow the undersides to become golden before tossing. Add extra olive oil if the gnocchi is sticking to the pan.



4. Finish the bolognese

While the gnocchi is cooking, return the **beef mixture** in the medium frying pan to a medium-high heat. Add the **tomato paste** and cook, stirring, for **1 minute**. Add the **passata (4/5 box for 2 people / 4 boxes for 4 people), butter, brown sugar, crumbled beef stock (1 cube for 2 people / 2 cubes for 4 people)** and a **pinch of pepper**. Stir to combine and simmer until slightly thickened, **5 minutes**.



5. Make the salad

While the sauce is simmering, thinly slice the **pear**. In a medium bowl, combine a **drizzle of olive oil**, the **balsamic vinegar** and a **pinch of salt** and **pepper**. Add the **pear** and **mixed salad leaves** and toss to coat.



6. Serve up

Divide the gnocchi between bowls and top with the Italian beef bolognese. Sprinkle with the grated Parmesan cheese and serve with the pear salad.

Enjoy!