



Creamy Mushroom & Parmesan Gnocchi

with Rocket & Pear Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sliced Mushrooms



Gnocchi



Light Cooking Cream



Grated Parmesan Cheese



Baby Spinach Leaves



Pear



Rocket Leaves

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 tasty rocket and pear 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 punnet (150g)	1 punnet (300g)
butter*	20g	40g
gnocchi	1 packet	2 packets
light cooking cream	1 packet (150ml)	2 packets (300ml)
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
pear	½	1
balsamic vinegar*	½ tbs	1 tbs
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3559kJ (850Cal)	589kJ (140Cal)
Protein (g)	25g	4.1g
Fat, total (g)	39.9g	6.6g
- saturated (g)	20.6g	3.4g
Carbohydrate (g)	98g	16.2g
- sugars (g)	12.2g	2g
Sodium (mg)	1899mg	314mg

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**.



Cook the veggies

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and cook, 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**.



Pan-fry the gnocchi

Heat a generous drizzle of **olive oil** in a separate large frying pan over a medium-high heat. When the oil is hot, add 1/2 the **gnocchi** in a single layer and fry, tossing occasionally, until golden, **6-8 minutes**. Season with **salt** and **pepper**. Transfer to a plate. Repeat with the remaining **gnocchi**.

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

TIP: No need to boil the gnocchi before frying!



Bring everything together

Return the pan containing the **mushrooms** to a low heat and stir in the **light cooking cream**, **salt**, **grated Parmesan cheese** (reserve some for garnish!) and **baby spinach leaves** until wilted, **1-2 minutes**. When the mixture is heated through, add the **gnocchi** to the pan and stir to combine.



Prep the salad

Thinly slice the **pear** (see ingredients). In a medium bowl, combine the **balsamic vinegar** and a good drizzle of **olive oil**. Add the **rocket leaves** and **pear** to the **dressing** and toss to coat.



Serve up

Divide the creamy mushroom and Parmesan gnocchi between bowls. Sprinkle over any reserved Parmesan. Serve with the rocket and pear salad.

Enjoy!