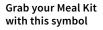


Pesto, Mushroom & Parmesan Gnocchi

with Rocket & Pear Salad











Sliced Mushrooms













Baby Spinach



Rocket Leaves



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

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	
basil pesto	1 sachet (50g)	1 sachet (100g)	
grated Parmesan cheese	1 packet	2 packets	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
pear	1/2	1	
balsamic vinegar*	2 tsp	1 tbs	
rocket leaves	1 bag (30g)	1 bag (60g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2889kJ (690Cal)	537kJ (128Cal)
Protein (g)	22.5g	4.2g
Fat, total (g)	22.8g	4.2g
- saturated (g)	9.4g	1.7g
Carbohydrate (g)	95.1g	17.7g
- sugars (g)	9.3g	1.7g
Sodium (mg)	1611mg	300mg

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 and garlic.



Cook the mushrooms

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **sliced mushrooms** and **butter** and cook until browned and softened. **5-6 minutes**. Remove from the heat.



Pan-fry 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, fry the **gnocchi** in batches, tossing, until golden, **6-8 minutes**. Season with **salt** and **pepper**. Transfer to a large bowl.

TIP: No need to boil the gnocchi before frying! Add more olive oil if the gnocchi is sticking to the pan.



Bring everything together

Return the pan containing the **mushrooms** to a low heat and stir in the **basil pesto** and **grated Parmesan cheese**. Once heated through, add the **baby spinach leaves** and **gnocchi** and stir to combine. Season to taste.



Prep the salad

Thinly slice the **pear** (see ingredients). In a medium bowl, combine the **balsamic vinegar** and **olive oil** (2 tsp for 2 people / 1 tbs for 4 people). Add the **rocket leaves** and pear to the dressing and toss to coat.



Serve up

Divide the pesto, mushroom and Parmesan gnocchi between bowls. Serve with the rocket and pear salad.

Enjoy!