

Pesto, Mushroom & Parmesan Gnocchi

with Rocket & Pear Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sliced Mushrooms



Gnocchi



Basil Pesto



Grated Parmesan Cheese



Baby Spinach Leaves




Pear



Rocket Leaves

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

 Eat me early

What do you get when you coat golden nuggets of gnocchi with pesto and Parmesan? An Italian-inspired dish that will have you licking the bowl clean, that's what! Team it with a refreshing rocket and pear salad to balance out the rich flavours, and you've got all kinds of yum.

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 |
| 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 | ½ | 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!