



Ultimate Cheesy Bolognese Gnocchi Bake

with Pesto Garlic Ciabatta and Rocket

Ultimate 25-35 Minutes • 2 of your 5 a day

35



Onion



Garlic Clove



Ciabatta



Mozzarella



British Beef Mince



Tomato Passata



Red Wine Stock Paste



Worcester Sauce



Gnocchi



Pesto



Grated Hard Italian Style Cheese



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, kitchen paper, frying pan, saucepan, colander, baking tray and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Onion	1	1½	2
Garlic Clove**	2	3	4
Ciabatta 13)	1	2	2
Mozzarella** 7)	1 ball	1½ balls	2 balls
British Beef Mince**	240g	360g	480g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Worcester Sauce 13)	15g	22g	30g
Gnocchi** 13)	300g	450g	600g
Pesto 7)	32g	48g	64g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Wild Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	665g	100g
Energy (kJ/kcal)	3901 /932	587 /140
Fat (g)	39.8	6.0
Sat. Fat (g)	17.9	2.7
Carbohydrate (g)	93.8	14.1
Sugars (g)	20.7	3.1
Protein (g)	50.9	7.7
Salt (g)	5.11	0.77

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Halve the **ciabatta**.

Drain the **mozzarella** and squeeze out as much liquid as you can. Pat dry with kitchen paper, then tear into small pieces.



Make your Garlic Ciabatta

Lay your **ciabatta** halves onto a baking tray, cut-side up.

Spread over the remaining **garlic** and drizzle over the **pesto**.



Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince** and **onion**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks.

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

Stir in **half** the **garlic** and fry for 1 min more.



Time to Bake

Once your **sauce** has thickened, stir through the **Italian style cheese** and **gnocchi**.

Transfer to an appropriately sized ovenproof dish. Top with the **mozzarella**. Pop alongside the **ciabatta** on the baking tray to catch the drips.

Bake on the top shelf of your oven until golden and crispy, 5-7 mins.



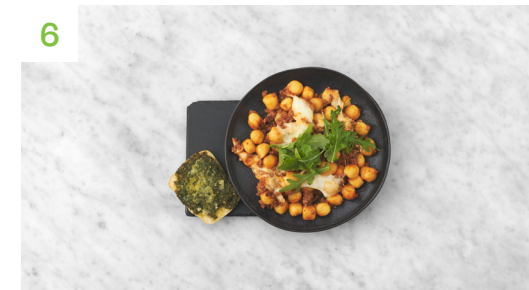
Cook the Gnocchi

Stir the **passata**, **red wine stock paste**, **Worcester sauce**, **sugar** and **water for the sauce** (see pantry for both amounts) into the beef. Bring up to a boil, then lower to a simmer. Cook, until thickened slightly, 4-5 mins.

Meanwhile, bring a large saucepan of **water** to the boil with **½ tsp salt** for the **gnocchi**.

When boiling, add the **gnocchi** to the **water** and bring back to the boil. Cook until the **gnocchi** rise to the surface of the **water**, 2-3 mins.

Once cooked, drain in a colander. Drizzle with **oil** and stir through to stop it sticking together.



Serve Up

Share your **ultimate Bolognese gnocchi bake** between your serving plates. Add a handful of **rocket** on the top.

Serve with your **pesto garlic bread** alongside.

Enjoy!