

Bacon Gnocchi

with Crème Fraîche, Tomatoes and a Zingy Side Salad





HELLO GNOCCHI

The word gnocchi is derived from the Italian word nocchio, meaning a knot in wood.



Spring Onion

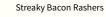


Flat Leaf Parsley





Premium Tomatoes







Tomato Purée



Vegetable Stock Powder



Baby Spinach



Cucumber



Crème Fraîche

Honey



Italian Style Grated Hard Cheese







2.5 of your 5 a day

Gnocchi occupy the delicious middle ground between pasta and dumplings. These lovely little pillows are quite rich and filling, so we've included lots of veggies to balance them out. When our sales team tested this recipe it was their absolute favourite and we hope you enjoy it just as much!



START

Our fruit and veggies need a little wash before you use them! Make sure you've got two Large Frying Pans, a Measuring Jug and Mixing Bowl. Now, let's get cooking!



Trim the spring onions then slice thinly.
Roughly chop the parsley (stalks and all) and cut the tomatoes in half. Trim the cucumber then quarter lengthways. Chop widthways into small pieces. Cut the bacon into 1cm wide strips. TIP: You can do this using scissors.



2 FRY THE GNOCCHI
Heat a drizzle of **oil** in a large frying pan on medium heat and add the **gnocchi**. Fry, turning frequently, until crispy around the edges and slightly browned, 8-9 mins. Once cooked, take the pan off the heat.



3 While the **gnocchi** is cooking, get started on the **sauce**! Heat a splash of **oil** in another large frying pan on medium-high heat and add the **bacon strips**. Fry until browned and slightly crispy, 5-6 mins. Remove from the pan with a slotted spoon (try to leave most of the **oil** in the pan).



A SIMMER THE SAUCE
Reduce the heat to medium, add the spring onion, tomatoes and a grind of pepper to the now empty pan you used for the bacon.
Cook for 3-4 mins. Add the tomato purée and cook for 1 minute more. Stir in the stock powder and the water (see ingredients for amount). Simmer for 2 mins. Add the spinach.
Cook until it wilts, another 2 mins.



Meanwhile, squeeze the juice from the lemon into a mixing bowl and add the honey and olive oil (see ingredients for amount). Season with a small pinch of salt and a grind of pepper. Mix together with a fork. Add the cucumber and half of the parsley to the bowl. Give everything a good toss.



Add the crème fraîche, bacon and the gnocchi to the sauce. Stir gently and add half of the remaining parsley. Heat until everything is piping hot. Divide the gnocchi between your plates, sprinkle over the Italian style grated hard cheese and the rest of the parsley. Serve with the salad on the side and eat up! Enjoy!

INGREDIENTS

	2P	3P	4P
Spring Onion *	2	3	4
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Premium Tomatoes	1	1½	2
	punnet	punnets	punnets
Streaky Bacon	4	6	8
Rashers *			
Gnocchi 13)	300g	450g	600g
Tomato Purée	½ sachet	¾ sachet	1 sachet
Vegetable Stock	½ sachet	¾ sachet	1 sachet
Powder 10)	72 Sacrice	74 Sacriet	1 Sacriet
Cucumber	1	1½	2
Baby Spinach 🌞	1 bag	1½ bags	2 bags
Cuòma a Fuerrale a 7) 💥	1	1½	2
Crème Fraîche 7) *	pouch	pouches	pouches
Italian Style Grated	1 pack	1½ packs	2 packs
Hard Cheese 7) 8) *	1 pack	172 packs	z packs
Honey	½ sachet	½ sachet	1 sachet
Lemon *	1/2	1/2	1
Water*	100ml	150ml	200ml
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 682G	PER 100G
Energy (kJ/kcal)	3146 /752	461/110
Fat (g)	46	7
Sat. Fat (g)	19	3
Carbohydrate (g)	66	10
Sugars (g)	13	2
Protein (g)	32	5
Salt (g)	3.84	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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