



# 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



Streaky Bacon Rashers



Gnocchi



Tomato Purée



Vegetable Stock Powder



Baby Spinach



Cucumber



Crème Fraîche



Italian Style Grated Hard Cheese



Honey



Lemon

30 mins

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!



# BEFORE YOU 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!



## 1 PREP THE VEGGIES

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 COOK THE BACON

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).



## 4 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.



## 5 MAKE THE SALAD

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.



## 6 FINISH AND SERVE

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!**

# 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Spring Onion *	2	3	4
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Premium Tomatoes	1	1½	2
Streaky Bacon Rashers *	punnet	punnets	punnets
Gnocchi 13)	300g	450g	600g
Tomato Purée	½ sachet	¾ sachet	1 sachet
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Cucumber	1	1½	2
Baby Spinach *	1 bag	1½ bags	2 bags
Crème Fraîche 7) *	1 pouch	1½ pouches	2 pouches
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Honey	½ sachet	½ sachet	1 sachet
Lemon *	½	½	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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