



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Creamy Gnocchi with Chorizo, Spinach and Cherry Tomatoes

Traditionally gnocchi is boiled in salted water. In this recipe we have given gnocchi a HelloFresh twist by pan-frying it instead. Pan-frying gnocchi gives the outside a beautiful crisp bite while the inside remains pillowy soft and delicious. This gives the benefit of both texture in one small package. We've mixed this with smoky chorizo, sweet cherry tomatoes and crème fraîche for a delicious creamy dish!

30 mins

1.5 of your 5 a day

mealkit

family box



Gnocchi (1000g)



Cherry Tomatoes (1 punnet)



Garlic Clove (1)



Courgette (1)



Chorizo (2 packs)



Chicken Stock Pot (½)



Water (100ml)



Baby Spinach (1 bag)




Basil (1 bunch)



Crème Fraîche (1 pot)

4 PEOPLE INGREDIENTS

- Gnocchi **1000g**
- Cherry Tomatoes, halved **1 punnet**
- Garlic Clove, grated **1**
- Courgette **1**
- Chorizo **2 packs**
- Chicken Stock Pot **½**
- Water **100ml**
- Baby Spinach **1 bag**
- Basil, chopped **1 bunch**
- Crème Fraîche **1 pot**

 Our fruit and veggies may need a little wash before cooking!

Did you know...
Gnocchi is Italian for dumplings.

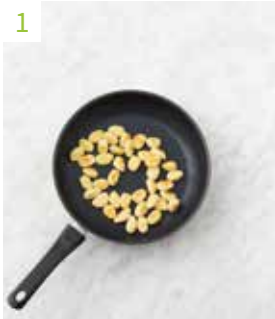
Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbohydrate | Sugars | Protein | Salt |
|--------------------|--------------------|------|----------|--------------|--------|---------|------|
| Per serving | 717 kcal / 2997 kJ | 38 g | 17 g | 71 g | 6 g | 21 g | 4 g |
| Per 100g | 181 kcal / 756 kJ | 10 g | 4 g | 18 g | 1 g | 5 g | 1 g |

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

1



1 Preheat your oven to 150 degrees. Heat a large frying pan on medium-high heat and add a glug of **oil**. Gently fry the **gnocchi** until it is golden all over. This should take around 10 mins. Stir frequently to make sure it doesn't burn. **Tip:** *Do this in batches and when one batch is ready, keep it warm on a baking tray in the oven whilst you get on with the next batch.*

3



2 Cut the **cherry tomatoes** in half through the equator and pop into a bowl. Drizzle over a glug of **oil** and season with a pinch of **salt**. Keep to one side. Peel and grate the **garlic** (or use a garlic press if you have one). Cut the top and bottom off the **courgette** and cut in half lengthways. Cut each half into three long strips, then chop at 1cm intervals to create small chunks.

3 Pop a saucepan on medium heat and add a splash of **oil**. Add the **chorizo** and cook for 5 mins until it is browned and has released its lovely red oil.

4 Once your **chorizo** is cooked, add your **garlic**. Cook for 1 minute over medium-high heat and then add the **chicken stock pot** and the **water** (amount specified in the ingredient list). Stir to dissolve your **stock pot** and bring to the boil.

5

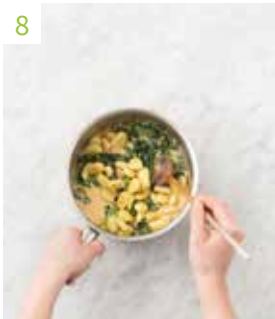


5 When the water is boiling, add your **courgette** and **baby spinach**. Cover the pan with a lid or plate and cook for 4-5 mins until your **spinach** is wilted.

6 Next, pull the **basil leaves** off their stalks and then roughly chop. Add half to your **tomatoes** and mix well.

7 When your **courgette** and **spinach** are cooked, mix in the **crème fraîche** and bring to the boil. This is your creamy sauce. Stir in the leftover **basil** and add **salt** and **black pepper** to taste.

8



8 Add your **gnocchi** to your **creamy sauce**. Spoon your **creamy gnocchi** into bowls and finish with your **tomatoes** on top. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!