



# Gnocchi Bolognese

with Cheesy Broccoli



## HELLO BROCCOLI

*This vegetable is actually a flower head - each of those tiny little green dots is a bud!*



Echalion Shallot



Garlic Clove



Broccoli



Carrot



Cheddar Cheese



Beef Mince



Provençal Herbs



Cherry Tomatoes



Tomato Passata



Worcestershire Sauce



Beef Stock Pot



Water



Gnocchi



Basil

45 mins

4 of your 5 a day

Family Box

We've reinvented the classic bolognese by teaming it with crispy gnocchi. These delicious, pillowy little dumplings become extra tasty when fried 'til golden brown. It's a dish that looks indulgent but, hidden under the melted cheese, has four of your five-a-day!!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **190°C**. Make sure you've got a **Fine Grater** (or **Garlic Press**), **Peeler**, **Coarse Grater**, some **Baking Paper**, a **Baking Tray**, **Large Saucepan**, **Measuring Jug** and **Frying Pan**. Now, let's get cooking!



### 1 PREP TIME!

Halve, peel and thinly slice the **shallot** into half moons. Peel and grate the **garlic** (or use a garlic press). Cut the **broccoli** into florets (small trees!). Peel the **carrot** and remove the top and bottom, then grate it on the coarse side of your grater. Also grate the **cheese**. Place the **broccoli florets** on a baking tray and drizzle with **oil**, a pinch of **salt** and **black pepper**. Set aside.



### 2 COOK THE BEEF

Heat a splash of **oil** in a large saucepan over high heat. Add the **beef mince** and stir to break it up. Cook until browned, 5 mins. Add the **shallot**. Cook until soft, 3 mins. Then add the **garlic**, **carrot** and **Provençal herbs**. Cook for 1 minute more.



### 3 COOK THE BOLOGNESE

Stir in the tinned **cherry tomatoes**, **tomato passata**, **Worcestershire sauce**, **beef stock pot** and **water** (amount specified in the ingredient list). Mix well and bring to the boil, then reduce the heat until the **sauce** is gently bubbling. Simmer for 15 mins. Whilst the bolognese is cooking, pop the **broccoli** on the top shelf of your oven. Roast until crispy, 12-15 mins.



### 4 FRY THE GNOCCHI

Meanwhile, heat a splash of **oil** in a large frying pan over medium-high heat. Add the **gnocchi** and a pinch of **salt**. Cook until lightly golden on the outside and fluffy on the inside, 11 mins. **TIP:** You may wish to do this in batches!



### 5 GRILL THE BROCCOLI

Remove the **broccoli** from your oven and preheat your grill to high. Sprinkle the **cheese** over the **broccoli**. Grill until melted and golden, about 4-5 mins. **TIP:** You might like to reserve a little grated cheese for sprinkling over your bolognese later!



### 6 FINISH AND SERVE

Pick the **basil leaves** from their stalks and roughly tear into pieces (discard the stalks). Stir the **leaves** into the bolognese. Now add the **gnocchi** and season with **salt** and **black pepper** to taste. Remove the **cheesy broccoli** from under your grill and serve alongside the **gnocchi bolognese**. **Buon appetito!**

## 4 PEOPLE INGREDIENTS

Echalion Shallot, sliced	1
Garlic Clove, grated	2
Broccoli, florets	2
Carrot, grated	2
Cheddar Cheese, grated 7)	125g
Beef Mince	500g
Provençal Herbs	1 tbspc
Cherry Tomatoes	1 tin
Tomato Passata	1 carton
Worcestershire Sauce	1 tbspc
Beef Stock Pot	1
Water*	100ml
Gnocchi 1)	500g
Basil, torn	1 bunch

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	620	87
(kJ)	2608	368
Fat (g)	18	3
Sat. Fat (g)	9	1
Carbohydrate (g)	62	9
Sugars (g)	18	3
Protein (g)	53	7
Salt (g)	4.50	0.60

### ALLERGENS

1) Gluten 7) Milk

**Beef Stock Pot Ingredients:** Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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