



More Than Food
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Gnocchi Bolognese with Cheesy Broccoli

We've reinvented the family classic bolognese by teaming it with crispy gnocchi. This recipe also packs in a whopping 4 of your 5 a day, sneakily hidden in the bolognese sauce and under delicious melted cheese. This recipe is sure to make both mum and kids very happy!

45 mins

4 of your 5 a day

mealkit

family box



Echalion Shallot (1)



Garlic Clove (2)



Purple Sprouting Broccoli (2 packs)



Carrot (2)



Cheddar Cheese (125g)



Beef Mince (500g)



Provençal Herbs (1 tbsp)



Cherry Tomatoes (1 tin)



Tomato Passata (1 carton)



Worcestershire Sauce (1 tbsp)



Beef Stock Pot (1)



Water (350ml)



Gnocchi (500g)



Basil (1 bunch)


4 PEOPLE INGREDIENTS

- Echalion Shallot, sliced
- Garlic Clove, grated
- Purple Sprouting Broccoli, chopped
- Carrot, grated
- Cheddar Cheese
- Beef Mince
- Provençal Herbs

1
2
2 packs
2
125g
500g
1 tbsp

- Cherry Tomatoes
- Tomato Passata
- Worcestershire Sauce
- Beef Stock Pot
- Water
- Gnocchi
- Basil, torn

1 tin
1 carton
1 tbsp
1
350ml
500g
1 bunch

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

Did you know...

Worcestershire Sauce is named after the English city of Worcester, where it was first created in 1840 from an adapted Indian recipe.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	621 kcal / 2626 kJ	21 g	9 g	54 g	14 g	51 g	3 g
Per 100g	85 kcal / 360 kJ	3 g	1 g	7 g	2 g	7 g	0 g

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

1



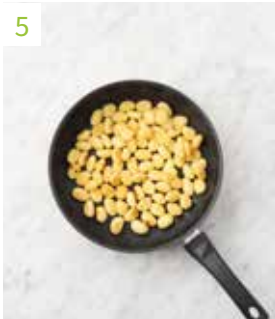
1 Preheat your oven to 190 degrees. Cut the ends off the **shallot**, peel and finely slice. Peel and grate the **garlic** (or use a garlic press if you have one). Remove the top from the **carrot**, peel and grate on the coarse side of your grater. Grate the **cheese**.

3



2 Heat a wide bottomed saucepan over high heat and add a splash of **oil**. Cook the **beef mince** for 5 mins until browned and then stir in your **shallot** and **garlic**. Cook for a further 3 mins until your **shallot** is soft. Add your **carrot** and the **Provençal herbs** and cook for 1 minute more.

5



3 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. Reduce the heat until your **bolognese** is gently bubbling, cook for 15 mins uncovered. Once your **bolognese** is nice and thick, remove the pan from the heat and cover.

6



4 While your bolognese is simmering, place your **purple sprouting broccoli** on a baking tray and cover the tray tightly with foil. **Tip:** *This allows the broccoli to steam in the oven!* Pop on the top shelf of your oven for 12-15 mins.

5 Whilst everything is cooking you can get on with the **gnocchi**! Add a splash of **oil** to a large frying pan over medium-high heat. Add the **gnocchi** and a pinch of **salt** and cook for 11 mins or until lightly golden on the outside and fluffy on the inside. **Tip:** *You may wish to do this in batches!*

6 Remove your **broccoli** from your oven and preheat your grill to high. Remove the foil covering, sprinkle your **cheese** over your **broccoli** and grill for 2-4 mins or until nice and golden. **Tip:** *You might like to leave a few tablespoons of grated cheese to the side for sprinkling over your bolognese later!*

7 Roughly tear the **basil leaves** and stir them into your **bolognese**. Now add your **gnocchi** and season with **salt** and **black pepper** to taste. Remove your **cheesy broccoli** from under your grill and serve alongside your **gnocchi bolognese**. Buon Appetito!

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