



More Than Food
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Mushroom and Broccoli Gnocchi

We think that crispy pan-fried gnocchi with crème fraîche is not only super tasty but incredibly easy to make! The gnocchi has a crispy coating and a pillow-like centre, accompanied by 'meaty' chestnut mushrooms, tasty broccoli, cheese and flat leaf parsley. We think we've made our own delicacy with this twist on a classic Italian dish!

 30 mins

 veggie



Echalion Shallot (1)



Garlic Clove (1)



Chestnut Mushrooms
(1 punnet)



Flat Leaf Parsley
(2 tbsp)



Vegetable Stock Pot
(½)



Water (100ml)



Gnocchi (300g)



Broccoli (250g)




Crème Fraîche
(1 small pot)



Hard Italian Cheese
(2 tbsp)

2 PEOPLE INGREDIENTS

- Echalion Shallot, chopped **1**
- Garlic Clove, chopped **1**
- Chestnut Mushrooms, chopped **1 punnet**
- Flat Leaf Parsley, chopped **2 tbsp**
- Vegetable Stock Pot **½**
- Water **100ml**
- Gnocchi **300g**
- Broccoli, florets **250g**
- Crème Fraîche **1 small pot**
- Hard Italian Cheese **2 tbsp**

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

Did you know...

Gnocchi is Italian for dumplings

Allergens: Celery, Sulphites, Gluten, Milk.

Nutritional Value per total cooked weight per person

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	539 kcal / 2266 kJ	28 g	15 g	47 g	7 g	21 g	2 g

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder, Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Peel and finely chop the **echalion shallot** and the **garlic**. Roughly chop the **mushrooms**. Finely chop the **parsley**. Bring a pot of water to the boil for later.

2 Heat a splash of **oil** in a frying pan over high heat. Add your **mushrooms** in small batches and cook until they go golden brown, then remove from the pan. Add the chopped **echalion shallot** and **garlic** to the now empty pan and reduce the heat to medium-low. Cook for 3-4 mins until softened, if the pan gets too dry add a splash of water.

2



3 Return your **mushrooms** to the pan along with the **vegetable stock pot**, the **water** (as stated in the ingredient list) and a few good grinds of **pepper**. Allow to simmer over medium heat for 8-10 mins until thickened.

4 In another frying pan, heat a splash of **oil** on medium-high heat. When hot, add the **gnocchi**. Gently fry for 8 mins until it's crispy around the edges. Remove from the heat. Meanwhile, cut the **broccoli** up into small florets. Plunge into the pot of boiling water for 3 mins, then remove, drain and keep to the side.

3



5 Stir the **crème fraîche** into your **mushroom** sauce. Once heated through, add your **gnocchi** and your **broccoli** to the sauce and give it all a good stir. Taste for seasoning and add more **salt** and **pepper** as you wish.

6 Divide your **gnocchi** between your bowls and top with the **hard Italian cheese** and your chopped **parsley**.

4



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