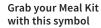


Pork & Red Wine Ragu Gnocchi

with Parmesan & Parsley

HALL OF FAME











Leek



Carrot



Gnocchi

Pork Mince





Aussie Spice Blend

Tomato Paste





Chicken-Style Stock Powder







Grated Parmesan Cheese



Prep in: 20-30 mins Ready in: 30-40 mins

How to describe gnocchi? Pillowy potato pasta pillows that hug your taste buds like a cosy blanket on a chilly day! This gnocchi is served with an indulgent red wine ragu, with pork mince and alluring spices for an extra flavour punch.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People			
olive oil*	refer to method	refer to method			
garlic	2 cloves	4 cloves			
celery	1 stalk	2 stalks			
carrot	1	2			
leek	1	2			
gnocchi	1 packet	2 packets			
pork mince	1 medium packet	2 medium packets OR 1 large packet			
Aussie spice blend	1 medium sachet	1 large sachet			
tomato paste	1 packet	2 packets			
red wine jus	1 medium packet	1 large packet			
chicken-style stock powder	1 medium sachet	1 large sachet			
brown sugar*	½ tbs	1 tbs			
butter*	20g	40g			
grated Parmesan cheese	1 medium packet	1 large packet			
parsley	1 packet	1 packet			
grated Parmesan cheese**	1 medium packet	1 large packet			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3750kJ (896Cal)	563kJ (135Cal)
Protein (g)	46.2g	6.9g
Fat, total (g)	32.2g	4.8g
- saturated (g)	13.8g	2.1g
Carbohydrate (g)	103g	15.5g
- sugars (g)	14g	2.1g
Sodium (mg)	2976mg	446mg
Dietary Fibre (g)	10.3g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3955kJ (945Cal)	582kJ (139Cal)
Protein (g)	50.5g	7.4g
Fat, total (g)	35.6g	5.2g
- saturated (g)	16.1g	2.4g
Carbohydrate (g)	103.1g	15.2g
- sugars (g)	14.1g	2.1g
Sodium (mg)	3068mg	451mg
Dietary fibre	10.3g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

 Finely chop garlic, celery and carrot. Thinly slice leek.



Cook the gnocchi

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, add gnocchi and fry, tossing occasionally, until golden, 6-8 minutes. Transfer to a plate.

TIP: Add extra oil if the gnocchi sticks to the pan.



Start the sauce

- Return frying pan to medium-high heat with a drizzle of olive oil. Add pork mince, breaking up with a spoon and cook, until just browned,
 3-5 minutes.
- Add celery, leek and carrot, then cook until tender, 4-6 minutes.



Finish the sauce

- Add Aussie spice blend, tomato paste and garlic and cook, until fragrant, 1 minute.
- Reduce heat to medium-low, then add red wine jus, chicken-style stock powder, the brown sugar, butter and a splash of water. Simmer, until slightly reduced, 3-4 minutes.



Add the gnocchi

• Return **gnocchi** to the pan and stir to combine.



Serve up

- Divide pork and red wine ragu gnocchi between bowls.
- Sprinkle over grated Parmesan cheese and tear over parsley to serve. Enjoy!

Custom Recipe: If you've doubled your grated Parmesan cheese, sprinkle over extra cheese as above.

