



# Pork & Red Wine Ragu Gnocchi

with Parmesan & Parsley

HALL OF FAME

Grab your Meal Kit with this symbol



Garlic



Celery



Carrot



Leek



Gnocchi



Pork Mince



Aussie Spice Blend



Tomato Paste



Red Wine Jus



Chicken-Style Stock Powder



Grated Parmesan Cheese



Parsley



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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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
<b>olive oil*</b>	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
<b>brown sugar*</b>	½ tbs	1 tbs
<b>butter*</b>	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](https://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**.



## 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**.



## 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.



## Add the gnocchi

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



## 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**.



## 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.

We're here to help!

Scan here if you have any questions or concerns

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