



# Creamy Cauliflower & Mushroom Gnocchi

with Thyme & Parmesan

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Onion



Garlic



Thyme



Gnocchi



Garlic & Herb Seasoning



Mushroom Powder



Cream



Baby Spinach Leaves



Chilli Flakes (Optional)



Grated Parmesan Cheese



Diced Bacon

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

Gnocchi is going to knock your socks off with its creamy cauliflower and mushroom sauce. It will dazzle with fragrant thyme and let's include that lovely Parmesan cheesiness everyone loves in a pasta. Gnocchi is unstoppable tonight, best to get eating before it's all gone!

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
thyme	1 bag	1 bag
gnocchi	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
mushroom powder	½ sachet	1 sachet
cream	½ bottle (125ml)	1 bottle (250ml)
<b>water*</b>	½ cup	1 cup
grated Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
chilli flakes (optional)	pinch	pinch
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe InQredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4106kJ (981Cal)	614kJ (147Cal)
Protein (g)	27.2g	4.1g
Fat, total (g)	50.6g	7.6g
- saturated (g)	32.7g	4.9g
Carbohydrate (g)	100g	15g
- sugars (g)	12.2g	1.8g
Sodium (mg)	2070mg	310mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4691kJ (1121Cal)	653kJ (156Cal)
Protein (g)	35.2g	4.9g
Fat, total (g)	62.8g	8.7g
- saturated (g)	37.1g	5.2g
Carbohydrate (g)	100g	13.9g
- sugars (g)	12.2g	1.7g
Sodium (mg)	2469mg	344mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Roast the cauliflower

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **cauliflower** (including stalk!) into small florets.
- Place **cauliflower** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender and brown around edges, **20-25 minutes**.



## Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** until tender, **3-5 minutes**.
- Add **garlic, thyme, garlic & herb seasoning** and **mushroom powder** (see ingredients), and cook until fragrant, **1-2 minutes**.

**Custom Recipe:** If you've added bacon, cook diced bacon with the onion, 5-6 minutes. Continue as instructed above.



## Get prepped

- Meanwhile, thinly slice **onion**. Finely chop **garlic**. Pick the **thyme** leaves.



## Finish the gnocchi

- Reduce heat to medium, then add **cream** (see ingredients), cooked **gnocchi** and the **water**, and stir until thickened, **1-2 minutes**.
- Remove from heat, then add **grated Parmesan cheese**, roasted **cauliflower** and **baby spinach leaves**, and stir until wilted.



## Pan-fry the gnocchi

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

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



## Serve up

- Divide creamy cauliflower and mushroom gnocchi between bowls. Garnish with a pinch of **chilli flakes** (if using). Enjoy!

## Rate your recipe

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