



Quick Creamy Pork & Leek Gnocchi

with Parmesan Cheese

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Gnocchi



Leek



Baby Spinach Leaves



Garlic



Fresh Chilli (Optional)



Pork Mince



Nan's Special Seasoning



Italian Herbs



Cream



Chicken-Style Stock Powder



Grated Parmesan Cheese



Beef Mince

Recipe Update

Unfortunately, this week's silverbeet was in short supply, so we've replaced it with baby spinach. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins

Gnocchi really has it going on, these little pockets of deliciousness are stirred through a creamy sauce tonight with pork and veggies. The fragrant herbs and sharp Parmesan transform this into a real treat with homey flavours and a lot of gnocchi.

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

Pantry items

Olive Oil

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
gnocchi	1 packet	2 packets
leek	1	2
garlic	2 cloves	4 cloves
fresh chilli  (optional)	½	1
baby spinach leaves	1 medium bag	1 large bag
pork mince	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
Italian herbs	1 sachet	1 sachet
cream	½ packet (125ml)	1 packet (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	½ cup	¾ cup
grated Parmesan cheese	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

* **Pantry Items** ** **Custom Recipe Ingredient**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3895kJ (931Cal)	677kJ (162Cal)
Protein (g)	46.2g	8g
Fat, total (g)	40.8g	7.1g
- saturated (g)	22.4g	3.9g
Carbohydrate (g)	90.8g	15.8g
- sugars (g)	6.8g	1.2g
Sodium (mg)	2641mg	459mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4186kJ (1000Cal)	728kJ (174Cal)
Protein (g)	50.4g	8.8g
Fat, total (g)	45.3g	7.9g
- saturated (g)	25.3g	4.4g
Carbohydrate (g)	90.8g	15.8g
- sugars (g)	6.8g	1.2g
Sodium (mg)	2606mg	453mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW17



1



Cook the gnocchi

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

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

3



Make the sauce

- Return pan to high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Stir in **garlic**, **chilli**, **Nan's special seasoning** and **Italian herbs**, until fragrant, **1 minute**.
- Add **cream** (see ingredients), **chicken-style stock powder** and the **water**, then return **gnocchi** and **veggies** to the pan, tossing until combined, **1 minute**.

Custom Recipe: If you've swapped your pork mince to beef mince, cook the beef in the same way as above.

2



Cook the veggies

- Meanwhile, thinly slice **leek**. Finely chop **garlic** and **fresh chilli** (if using).
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **leek**, stirring, until slightly softened, **3-4 minutes**. Add **baby spinach leaves** and cook until just wilted, **1-2 minutes**. Transfer to a bowl.

4



Serve up

- Divide creamy pork and leek gnocchi between bowls.
- Top with **grated Parmesan cheese** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese on top.

Rate your recipe

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