



Gnocchi Bolognese

with Fresh Tomato Sauce, Carrots and Parmesan

35 Minutes



Ground Beef



Carrot



Garlic



Roma Tomato



Red Onion



Crushed Tomatoes



Beef Broth Concentrate



Worcestershire Sauce



Gnocchi



Parmesan Cheese



Italian Seasoning

HELLO GNOCCHI

These pillowy potato dumplings are even tastier when they're pan-fried and golden-brown

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring spoons, box grater, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Carrot	170 g	340 g
Garlic	6 g	12 g
Roma Tomato	80 g	160 g
Red Onion	56 g	113 g
Crushed Tomatoes	370 ml	740 ml
Beef Broth Concentrate	1	2
Worcestershire Sauce	1 ½ tsp	3 tsp
Gnocchi	350 g	700 g
Parmesan Cheese	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Coarsely grate **carrot** using a box grater. Roughly chop **tomato**. Peel, then finely chop **half the onion** (whole onion for 4 ppl). Peel, then mince or grate **garlic**.



Finish bolognese

Add **broth concentrate**, **1 ½ tsp Worcestershire sauce** (dbl for 4 ppl) and **crushed tomatoes** to the pot. Reduce heat to medium-low. Simmer, stirring occasionally, until **sauce** starts to thicken, 10-12 min. Season with **salt** and **pepper**.



Cook onions

Heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened, 3-4 min.



Cook gnocchi

While **sauce** cooks, heat a large non-stick pan over medium heat. When hot, add **2 tbsp butter** and swirl pan to melt, 1 min. Add **gnocchi**. Cook, stirring occasionally, until golden-brown, 7-8 min. (**NOTE:** For 4 ppl, cook 1 pkg gnocchi at a time, using 2 tbsp butter for each batch!)



Start bolognese

Increase the heat to medium-high, then add **beef, garlic, grated carrot** and **Italian Seasoning** to the pot. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **** Add tomatoes.** Cook, stirring occasionally, until slightly softened, 2-3 min.



Finish and serve

Add **gnocchi** to the large pot with **bolognese sauce**, then stir to coat. Divide **gnocchi bolognese** between bowls. Sprinkle **Parmesan** over top.

Dinner Solved!