



OCT
2016

Smoky Bacon Gnocchi

with Broccoli and Mushrooms

We think that pan-fried gnocchi is not only super tasty but incredibly easy to make! The gnocchi has a crispy coating and a pillow-like centre, accompanied by ‘meaty’ mushrooms, tasty broccoli, cheese and flat leaf parsley.

Prep
30 min

level 1



Double Smoked Bacon



Garlic



Shallot



Cremini Mushrooms



Parsley



Gnocchi



Broccoli



Sour Cream



Parmesan

Ingredients

	2 People	4 People
Double smoked bacon	1 pkg (100 g)	2 pkg (200 g)
Garlic	2 cloves	4 cloves
Shallot	1	2
Broccoli florets	1 pkg (170 g)	2 pkg (340 g)
Cremini mushrooms	1 pkg (113 g)	2 pkg (227 g)
Gnocchi	1 pkg (500 g)	2 pkg (1 kg)
Sour cream	1) 2 pkg (1/3 cup)	4 pkg (2/3 cup)
Parsley	1 pkg (7 g)	1 pkg (7 g)
Parmesan	1) 1 pkg (1/4 cup)	2 pkg (1/2 cup)
Olive or Canola Oil*		

*Not Included

Allergens

1) Milk/Lait

Tools

Large Non-Stick Pan

Ruler

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Nutrition per person Calories: 810 cal | Fat: 37 g | Protein: 28 g | Carbs: 103 g | Fibre: 6 g | Sodium: 1142 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Peel and finely chop the **shallot**. Mince or grate the **garlic**. Roughly chop the **mushrooms**. Finely chop the **parsley**. Cut the **double smoked bacon** into 1/2-inch cubes.

2



2 Cook the veggies: Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **shallots, garlic, broccoli** and **mushrooms**. Cook, stirring occasionally, until mushrooms are golden-brown and broccoli is tender-crisp, 5-6 min. Transfer to a plate.

4



3 Fry the bacon: Add the **double smoked bacon** in the same pan with another drizzle of **oil**, if necessary. Pan-fry until golden and crisp, 4-6 min. Transfer to the same plate as the veggies.

4 Cook the gnocchi: Add the **gnocchi** to the pan (**TIP:** leave the fat from the bacon in the pan - it will add loads of flavour!) Cook, turning the gnocchi often, until crispy around the edges, 6-8 min.

5



5 Return the **veggies** and **bacon** to the pan. Stir in the **sour cream** and **Parmesan** until combined. Season with **pepper**.

6 Finish and serve: Divide your **gnocchi** between your bowls and top with the **parsley**. Enjoy!

DID YOU KNOW? 'Gnocchi' is Italian for dumplings!

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