



ITALIAN BEEF & GNOCCHI BOLOGNESE

with Pear Salad



Add gnocchi to a Bolognese!



Garlic



Brown Onion



Courgette



Carrot



Beef Mince



Italian Herbs



Gnocchi



Tomato Paste



Crushed & Sieved Tomatoes



Beef Stock



Pear



Mixed Salad Leaves



Grated Parmesan Cheese

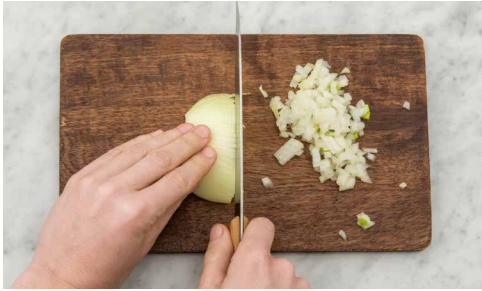
Hands-on: **25 mins**
Ready in: **30 mins**

Some Bolognese recipes want long hours of slow simmering, but not ours! We get a rich, flavour-packed sauce using tomato paste, beef mince, Italian herbs and veggies, then spoon it over pan-fried gnocchi for a twist on the classic pasta dish.

Pantry Staples: Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium frying pan** • **large frying pan**



1 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Finely chop the **brown onion**. Grate the **courgette** and **carrot** (unpeeled).



2 START THE BOLOGNESE

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **garlic, onion, courgette, carrot** and **Italian herbs**. Season with **salt** and **pepper** and cook until softened, **4-5 minutes**. Remove from the heat.



3 PAN-FRY THE GNOCCHI

While the veggies and beef mince are cooking, heat a **generous drizzle** of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add **1/2** the **gnocchi** in a single layer and fry until golden, **6-8 minutes**. **TIP:** Allow the undersides to become golden before tossing. Add extra olive oil if the gnocchi is sticking to the pan. Season with a **pinch** of **salt** and **pepper**. Transfer to a bowl and repeat with the **remaining gnocchi**.



4 FINISH THE BOLOGNESE

While the gnocchi is cooking, return the **beef mixture** in the medium frying pan to a medium-high heat. Add the **tomato paste** (see ingredients list) and cook, stirring, for **1 minute**. Add the **crushed & sieved tomatoes, butter, brown sugar, crumbled beef stock** and a **pinch** of **pepper**. Stir to combine and simmer until slightly thickened, **5 minutes**.



5 MAKE THE SALAD

While the sauce is simmering, thinly slice the **pear**. In a medium bowl, combine **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**), the **balsamic vinegar** and a **pinch** of **salt** and **pepper**. Add the **pear** and **mixed salad leaves** and toss to coat.



6 SERVE UP

Divide the gnocchi between bowls and top with the Italian beef Bolognese. Sprinkle with the **grated Parmesan cheese** and serve with the pear salad.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	1	2
courgette	1	2
carrot	1	2
beef mince	1 packet	1 packet
Italian herbs	1 sachet	2 sachets
gnocchi	1 packet	2 packets
tomato paste	¼ tin	1½ tins
crushed & sieved tomatoes	1 tin (400g)	2 tins (800g)
butter*	30g	60g
brown sugar*	1 tsp	2 tsp
beef stock	1 sachet	2 cubes
pear	1	2
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4200kJ (1000Cal)	382kJ (91Cal)
Protein (g)	53.0g	4.8g
Fat, total (g)	27.1g	2.5g
- saturated (g)	16.3g	1.5g
Carbohydrate (g)	124g	11.3g
- sugars (g)	35.5g	3.2g
Sodium (g)	3340mg	304mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

2019 | WK47

