



Italian Beef & Gnocchi Bolognese

with Pear Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Celery



Beef Mince



Gnocchi



Italian Herbs



Tomato Paste



Crushed & Sieved Tomatoes



Beef-Style Stock Powder



Pear



Mixed Salad Leaves



Grated Parmesan Cheese

Hands-on: **25-35 mins**
Ready in: **30-40 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 items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

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

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
celery	1 stalk	2 stalks
beef mince	1 packet	1 packet
gnocchi	1 packet	2 packets
Italian herbs	1 sachet	1 sachet
tomato paste	½ packet	1 packet
crushed & sieved tomatoes	½ tin	1 tin
butter*	30g	60g
brown sugar*	1 tsp	2 tsp
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
pear	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

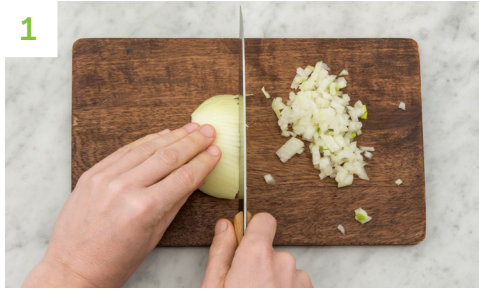
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3700kJ (884Cal)	538kJ (129Cal)
Protein (g)	47.3g	6.9g
Fat, total (g)	27.7g	4g
- saturated (g)	14g	2g
Carbohydrate (g)	107.6g	15.6g
- sugars (g)	17.3g	2.5g
Sodium (mg)	2311mg	336mg

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.



Get prepped

Finely chop the **brown onion**, **garlic** and **celery**.



Start the bolognese

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **beef mince**, breaking it up with a spoon until browned, **3-4 minutes**. Add the **onion** and **celery**, season with **salt** and **pepper** and cook until softened, **3-5 minutes**. Remove from the heat.



Pan-fry the gnocchi

While the bolognese is cooking, heat a second large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, add the **gnocchi** in a single layer and pan-fry until golden, **6-8 minutes**. Season. Transfer to a bowl.

TIP: Allow the undersides to become golden before tossing!

TIP: Cook in batches for best results, adding extra oil if needed.



Finish the bolognese

While the gnocchi is cooking, return the frying pan with the bolognese to a medium-high heat. Add the **garlic**, **Italian herbs** and **tomato paste** (see ingredients) to the **beef mixture** and cook, stirring, **1 minute**. Add the **crushed & sieved tomatoes** (see ingredients), **butter**, **brown sugar**, **beef-style stock powder** and a pinch of **pepper**. Stir to combine and simmer until slightly thickened, **2-3 minutes**.



Make the salad

While the sauce is simmering, thinly slice the **pear**. In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Add the **pear** and **mixed salad leaves**. Season and toss to coat.



Serve up

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

Enjoy!