



Garlic mushroom pan-fried gnocchi

with chopping board pesto



Golden, buttery, crisp on the outside and pillowy soft on the inside. This gnocchi dish is tossed with garlic mushrooms and baby spinach. The zingy flavour of lemon and a freshly chopped pesto balance it out superbly.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium pot, large non-stick frying pan



Pantry items needed: olive oil, salt, freshly ground black pepper



Hands-on: 15-20 minutes
Ready in: 25 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Mushrooms	200g	400g
Garlic	8g	16g
Lemon	100g (half)	100g
Parsley	20g	40g
Dill	25g	50g
Coriander	20g	40g
Roasted cashews	1 packet	1 packet
Salt*	¾ tsp	1½ tsp
Gnocchi	1 packet	2 packets
Olive oil for mushrooms*	1 tbsp	2 tbsp
Olive oil for gnocchi*	2 tbsp	4 tbsp
Baby spinach	30g	60g
Freshly ground black pepper*	to taste	to taste

* *Pantry items*

Allergens and ingredients

Allergens: gluten, wheat, cashew.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Fill a medium pot ¾-full with water and bring to a boil (tip 1). Trim **mushrooms** and thinly slice. Mince **garlic**. Juice **lemon** (½ for 2 serves and 1 for 4 serves). Remove and discard lower stems of **parsley**, **dill** and **coriander**.

2. Make chopping board pesto

Roughly chop **parsley**, **dill**, **coriander** and **cashews** together. Add **salt***, a portion of the **garlic** (½ tsp for 2 serves and 1 tsp for 4 serves) and **lemon juice** and chop together again until a rough paste forms (tip 2).

3. Cook gnocchi

Add **gnocchi** to boiling water and reduce heat to a simmer. Cook until **gnocchi** starts to float, about **1 minute**. Drain into a colander.

4. Cook mushrooms

In a large non-stick frying pan over medium-high heat, add **olive oil for mushrooms*** and **mushrooms** and cook, stirring often, until golden brown, about **5 minutes**. Add the remaining **garlic** and cook for **1 minute**. Transfer to a bowl and set aside.

5. Pan fry gnocchi

In the same frying pan over medium heat, add **olive oil for gnocchi***. When hot, add **gnocchi** and cook until golden brown, about **4 minutes** on each side. Toss through **mushrooms** and **baby spinach**.

6. Serve

Serve **garlic mushroom pan fried gnocchi** in deep bowls with dollops of **pesto** and **freshly ground black pepper***.

Cooking tip

1. Adding a pinch of salt to the water will speed up the process of boiling and help to season the gnocchi.
2. To speed things up, you can also use a food processor.

Eat your way
to healthy!



White mushrooms are low in calories but packed with many health-boosting vitamins, minerals, and antioxidants, including vitamins B1, B2, B3, B5, B6, B9, selenium, magnesium, phosphorus, copper, potassium. They are also a source of protein and fibre.

Mushrooms have been linked to a range of health benefits, including lower risk of cancer, heart disease and diabetes, improved immune system, better gut health and weight loss..

Nutritional information*

	Per 370g serve	Per 100g
Energy	2597kJ (621Cal)	702kJ (168Cal)
Protein	18.3g	4.9g
Fat, total	23.4g	6.3g
- Saturated	3.0g	1.0g
Carbohydrate	78g	21g
- Sugars	3g	1g
Sodium	1541.2mg	416.5mg

* *Nutritional information is based on averages*