

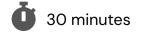




Pan Fried Gnocchi

with Bolognese Sauce

Crispy pan-fried gnocchi meets a hearty vegetable bolognese and savoury garlic mushrooms in this comforting, flavour-packed dish.







How to!

Prepare your basil like a pro! Pick the leaves and stack them on top of each other. Roll the stack to create a cylinder shape. Use a sharp knife to slice the leaves perpendicular to the roll to create thin strips for garnishing.

TOTAL FAT CARBOHYDRATES

75g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
CELERY STICKS	2
ROSEMARY	1 sprig
GARLIC CLOVES	2
BUTTON MUSHROOMS	300g
TOMATO PASSATA	1 jar
GNOCCHI	2 packets
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds, stock cube of choice

KEY UTENSILS

2 frypans

NOTES

To quickly remove rosemary leaves, place your fingers at the top of the stem, hold upside down and firmly slide the leaves down.

Instead of pan-frying the mushrooms, roast them! Toss in a lined oven dish with fennel seeds, oil and seasoning. Roast for 8-12 minutes until golden.



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1. PREPARE THE INGREDIENTS

Dice **onion** and **carrots**. Slice **celery** and finely chop **rosemary** leaves (see notes). Crush **garlic**.

Quarter mushrooms and set aside.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil.** Add onion and sauté for 3 minutes. Add celery, carrot, rosemary and 1/2 garlic (reserve remaining). Sauté for 5 minutes.



3. SIMMER BOLOGNESE

Add passata, 1 cup water and crumbled stock cube to vegetables. Mix to combine. Semi-cover and simmer for 5-7 minutes until carrot is tender. Season to taste with salt and pepper.



4. COOK MUSHROOM

Heat a second frypan over medium-high heat with **oil** (see notes). Add mushrooms, remaining garlic and **1 tsp fennel seeds**. Cook, tossing occasionally, for 5-7 minutes until mushrooms are browned all over. Season to taste with **salt and pepper**. Remove to a plate and keep pan over heat for step 5.



5. PAN FRY GNOCCHI

Add extra **oil** to pan. Add **gnocchi** and cook for 5-7 minutes, tossing occasionally, until gnocchi is browned all over.



6. FINISH AND SERVE

Roughly chop or tear basil leaves.

Divide bolognese among shallow bowls. Top with gnocchi and mushrooms. Garnish with basil.

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