



Italian Beef & Thyme Gnocchi

with Flaked Parmesan Cheese



Fry gnocchi for
a crisp finish



Red Onion



Carrot



Celery



Parsley



Thyme



Garlic



Italian Herbs



Beef Mince



Tomato Paste



Diced Tomatoes



Beef Stock



Gnocchi



Flaked Parmesan Cheese

Hands-on: **30 mins**
Ready in: **45 mins**

This sumptuous pasta is absolute decadence in a bowl. From rich ragu to pillowy gnocchi, you may have to throw dice for the leftovers!

Pantry staples: Olive Oil, Balsamic Vinegar

BEFORE YOU —
START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **garlic crusher**, **medium frying pan**, **wooden spoon** and a **large frying pan**.



1 GET PREPPED
Finely chop the **red onion**, **carrot** and **celery**. **TIP:** Chopping the veggies small ensures they cook in the allocated time. Pick the **thyme** leaves. Pick the **parsley** leaves. Peel and crush the **garlic**.



2 COOK THE VEGGIES
Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion**, **carrot** and **celery** and cook for **5 minutes**, or until softened. Add the **thyme**, **garlic** and **Italian herbs** and cook for **1-2 minutes**, or until fragrant.



3 COOK THE BEEF RAGU
Add the **beef mince** to the pan and cook, breaking up with a wooden spoon, for **4 minutes**, or until browned. Add the **balsamic vinegar** and cook for **2 minutes**, or until the liquid has evaporated. Add the **tomato paste**, **diced tomatoes** and crumble in the **beef stock** cube (**check ingredients list for amount**). Simmer for **10 minutes**, or until thickened. Season with a **pinch** of **salt** and **pepper**.



4 FRY THE GNOCCHI
While the beef is cooking, heat a **generous drizzle** of **olive oil** in a large frying pan over medium-high heat. Once hot, add the **gnocchi** in a single layer (**see ingredients list**) and fry, tossing occasionally, for **6-8 minutes**, or until golden. **TIP:** If the gnocchi doesn't fit in a single layer, fry in batches so it has space to cook properly! **TIP:** Add extra **olive oil** if the gnocchi sticks to the base of the pan. Season with a **pinch** of **salt** and **pepper**.



5 TOSS EVERYTHING TOGETHER
Add the **beef mixture** to the frying pan with the **gnocchi** and toss to coat.



6 SERVE UP
Divide the Italian beef & thyme gnocchi between bowls. Sprinkle over the **flaked Parmesan cheese** and **parsley**.

Enjoy!

2|4 PEOPLE
INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
carrot	1	2
celery	1 stalk	2 stalks
thyme	1 bunch	1 bunch
parsley	1 bunch	1 bunch
garlic	1 clove	2 cloves
Italian herbs	1 sachet	2 sachets
beef mince	1 packet	1 packet
balsamic vinegar*	2 tsp	1 tbs
tomato paste	1 sachet	2 sachets
diced tomatoes	1 box (390 g)	2 boxes (780 g)
beef stock	½ cube	1 cube
gnocchi	¾ packet	1 ½ packets
flaked Parmesan cheese	1 packet (30 g)	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3000kJ (717Cal)	386kJ (92Cal)
Protein (g)	51.3g	6.6g
Fat, total (g)	14.7g	1.9g
- saturated (g)	7.7g	1.0g
Carbohydrate (g)	85.7g	11.0g
- sugars (g)	19.2g	2.5g
Sodium (g)	1740mg	225mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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