

Quick Beef Sausage Gnocchi

in Creamy Sauce

hellóchef

Italian beef sausage, sun-dried tomatoes, spinach and garlic makes this the ultimate comfort food in under 20 min!

Cals 1355 • Prot 63 • Carbs 104 • Fat 74

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🕒 cook: 20 min

R3472



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Gnocchi	2 ppl	3 ppl	4 ppl	
Italian sausage 10*	400	600	800	Grams
Sun dried tomatoes	60	90	120	Grams
Vegetable oil	1	2	2	Tbsp
Gnocchi 4*, 5*, 9*, 10*	500	500	1000	Grams
Cooking cream 4*	200	200	400	ML
Water	150	200	300	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Garlic onion powder	4	4	8	Grams
Grated Parmesan 4*, 5*	30	45	60	Grams
Baby spinach	40	60	90	Grams
Chilli flakes	2	2	4	Grams

Allergens

***10 Wheat, *4 Milk, *5 Eggs, *9 Soya, *15 Celery**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving*

Energy (kJ/kcal)	5679 / 1355
Fat (g)	73.7
of which saturates (g)	18.1
Carbohydrate (g)	104
of which sugars (g)	15.6
Fiber (g)	8.5
Protein (g)	63
Salt (g)	10.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Roughly chop the **sun-dried tomatoes**. Remove the **sausages** from its casing by slicing them lengthwise. The cut should be shallow enough to pierce the casing, but don't cut all the way through the **sausage**. Peel and discard the casing. Chop or break the **sausages** into smaller bite-size pieces.



2 Fry

Heat a large non-stick pan with a lid over a medium-high heat with a drizzle of **oil**. Once hot, add the **sausages** and fry for 3 min. Add the **gnocchi** and fry for 3 mins or until lightly golden.



3 Simmer

Reduce the heat to medium. Add the **cream, measured water, stock cube, garlic onion powder** and **sun-dried tomatoes** to the pan. Simmer covered for 2 min or until the **gnocchi** begin to soften or are cooked through.



4 Cook spinach

Add the **grated Parmesan** (save some for garnish!) and **spinach** to the sauce and simmer for 1 min or until the **sauce** begins to thicken.



5 Serve

Divide the **gnocchi** and **cream sauce** evenly amongst bowls. Top with the **chilli flakes (spicy!)** and remaining Grana padano.