Coupons will be automatically applied to your account from the day of registration. Discounts are forfeit in any week an order is skipped or paused. Valid for new meal plan subscriptions only. Limit one per household. Cannot be combined with any other offer. Discount will be taken off of the price of the products and does not apply to shipping or tax, except where otherwise indicated. Redeeming this offer results in the purchase of a continuous subscription for which you will automatically receive weekly deliveries billed to your designated payment method until you cancel.

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Spicy Pork Sausage & Mushroom Gnocchi
with Spinach

40 MIN
4 Servings
Wellness at Blue Apron
Find recipes that suit your lifestyle with our new nutritionist-approved dietary tags.
Vegetarian
These recipes don't contain meat, poultry, fish, or seafood.* They're made with fruits and vegetables, grains, legumes, nuts, and seeds. *Select artisanal cheeses may contain animal-derived rennet.
Carb Conscious
This applies to meal kit recipes with 48g or less of net carbs (total carbs minus dietary fiber) per serving. Carb Conscious Add-ons contain 20g or less net carbs.
Mediterranean Diet
Our Mediterranean recipes are inspired by the Mediterranean Diet, a healthy eating plan recommended in the Dietary Guidelines for Americans published jointly every five years by the US Department of Agriculture (USDA) and the Department of Health & Human Services (DHHS). This eating plan highlights the flavors and cooking styles from countries along the Mediterranean Sea, including those in Europe, the Middle East, and North Africa. These recipes showcase a wide variety of vegetables, fruits, and whole grains, as well as lean proteins and moderate portions of dairy.
600 Calories or Less

These meals contain 600 calories or less per serving. The US Food & Drug Administration uses 2000 calorie daily intake for general advice. The 600 calorie cap equates to 30% of the total 2000 calories per day based on 3 meals per day with 200 calories remaining for snack or beverage.
Wellness Grain
These recipes feature grains such as barley, quinoa, farro, orzo, couscous and more, handpicked by our Culinary team in collaboration with our Registered Dietitian.
Pescatarian
These recipes feature a wide array of nutritious seafood options like salmon, cod, tilapia, crab, and shrimp. While these dishes never contain meat, pork or poultry, they may contain animal derived ingredients such as milk, butter, cheese and/or honey.
30g Of Protein
These meals contain 30g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.
Keto Friendly
These meals have approximately 10% of calories from carbohydrates, 20% from protein, and 70% from dietary fats (per serving).
45g Of Protein
These meal kit recipes contain 45g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.
Nutritionist's Pick
These meals are selected by Blue Apron's Registered Dietitian Nutritionist. They are centered around nutritious and wholesome ingredients, featuring whole grains and fresh produce which provide fiber. They also contain moderate portions of dairy and lean protein while being mindful of saturated fat.
Wheat Free
These meals are prepared with ingredients that do not contain wheat. They feature grains such as barley and rice as well as proteins and vegetables.
Reduced Sodium
These Prepared and Ready dishes contain at least 25% less sodium per 100 grams (or 3.5 oz) than our average Prepared and Ready Meal as of October 1, 2024. Sodium content has been reduced from 330 mg per 100 grams to 250 mg per 100 grams. These dishes focus on ingredients with strong flavor and moderate salt.
Vegan
To view a recipe's full nutrition information, head to your Upcoming page at blueapron.com, click on a specific recipe, then head to the Nutrition tab and select 'View Full Nutrition.' Nutrition Facts Panels are available up to 1.5 weeks in advance

Ready to Cook

From the Test Kitchen

Featuring pre-chopped ingredients and a recyclable baking tin, our Ready to Cook recipes make prep and cleaning a breeze. Just assemble, bake, and enjoy! Here, hot Italian pork sausage, pillowy gnocchi, and verdant spinach are baked in a decadent sauce featuring both fresh mushrooms and mushroom duxelles, béchamel, and tangy crème fraîche.
CLICK FOR RECIPE CARD
Nutrition
PER SERVING

Calories
850 Cals

View Full Nutrition
Download

fresh ingredients

20 oz Hot Italian Pork Sausage

1½ lbs Gnocchi

5 oz Baby Spinach

½ lb Mushrooms

⅔ cup Béchamel Sauce

⅓ cup Mushroom Duxelles

4 Tbsps Crème Fraîche

2 Single-Use Aluminum Trays

Unlock this recipe and thousands more
Plus, get deliciousness delivered to your inbox—like special offers, new menu items, and more.
Email Unlock recipe
Already have an account? Sign In
By submitting this form and signing up via email, you agree to all applicable portions of the Blue Apron Terms of Use and consent to our Privacy Policy.

step-by-step instructions

1 Prepare the ingredients & make the base

Place an oven rack in the center of the oven; preheat to 450°F. Wash and dry the fresh produce. Lightly coat the trays with a drizzle of **olive oil**. Between the two prepared trays, evenly divide the **spinach**, **mushrooms** (tearing into bite-sized pieces before adding), **mushroom duxelles**, **béchamel**, and **gnocchi**. Stir to combine. Add **1/4 cup of water** to each tray. Season with salt and pepper; stir to thoroughly combine.

2 Add the sausage & bake the trays

Add the **sausage** (tearing into bite-sized pieces before adding) in an even layer. Tightly cover the trays with foil and bake 30 to 35 minutes, or until the sausage is cooked through. Remove from the oven. Add the **crème fraîche** and stir until combined. Let stand at least 3 minutes before serving. Enjoy!