



Mediterranean Tomato Sugo Gnocchi

with Basil Pesto & Parmesan

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Flaked Almonds



Gnocchi



Soffritto Mix



Garlic & Herb Seasoning



Tomato Sugo



Baby Spinach Leaves



Basil Pesto



Grated Parmesan Cheese



Diced Bacon

Prep in: 25-35 mins
Ready in: 25-35 mins

Bring the Italian restaurant vibes to your dinner table with some help from our pillowy potato gnocchi. Whip up a rich herbed tomato sauce, top with sharp Parmesan and dinner is done!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
gnocchi	1 packet	2 packets
soffritto mix	1 packet (150g)	1 packet (300g)
garlic & herb seasoning	1 sachet	1 sachet
tomato sugo	1 packet (200g)	1 packet (400g)
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
basil pesto	1 packet (50g)	1 packet (100g)
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3504kJ (837Cal)	662kJ (158Cal)
Protein (g)	24.8g	4.7g
Fat, total (g)	36.1g	6.8g
- saturated (g)	10.8g	2g
Carbohydrate (g)	102.2g	19.3g
- sugars (g)	13.2g	2.5g
Sodium (mg)	2363mg	447mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4089kJ (977Cal)	706kJ (169Cal)
Protein (g)	32.8g	5.7g
Fat, total (g)	48.2g	8.3g
- saturated (g)	15.2g	2.6g
Carbohydrate (g)	102.3g	17.7g
- sugars (g)	13.2g	2.3g
Sodium (mg)	2762mg	477mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW26



1



Cook the gnocchi

- Finely chop **garlic**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.
- Return frying pan to medium-high heat with a generous drizzle of **olive oil**. When oil is hot, cook **gnocchi**, tossing occasionally, until golden, **6-8 minutes**. Transfer to a bowl.

TIP: Add extra oil if the gnocchi sticks to the pan.

3



Toss the gnocchi

- Stir **baby spinach leaves**, **basil pesto** and the **butter** through the sauce, until spinach has wilted, **2 minutes**. Season to taste with **salt** and **pepper**.
- Remove pan from heat, then add the **gnocchi** and **grated Parmesan cheese**. Gently toss **gnocchi** to coat in the sauce.

2



Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook, stirring, until fragrant, **1 minute**.
- Add **tomato sugo**, the **water** and **brown sugar** and simmer until slightly thickened, **2-3 minutes**.

Custom Recipe: If you've added diced bacon, cook bacon with soffritto mix, stirring, breaking up with a spoon, until golden, 6-7 minutes.

4



Serve up

- Divide Mediterranean tomato sugo gnocchi between bowls.
- Top with toasted almonds to serve. Enjoy!

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