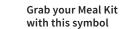


Plant-Based Veggie-Loaded Gnocchi with Tomato Sugo & Green Hazelnut Salad

CLIMATE SUPERSTAR













Chilli Flakes (Optional)

Garlic Paste





Garlic & Herb Seasoning



Tinned Cherry Vegetable Stock



Gnocchi

Tomatoes

Rocket Leaves

Cucumber



Roasted Hazelnuts

Grated Cheese



Prep in: 25-35 mins Ready in: 35-45 mins



Soft pillowy bundles of potato gnocchi, smothered in cheese and baked until deliciously golden and oozy. Now, if that hasn't got your mouth watering, wait until you reveal this dish of bubbling goodness from underneath the grill.



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

Two large frying pans

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
carrot	1	2
chilli flakes ∮ (optional)	pinch	pinch
garlic paste	1 medium packet	1 large packet
garlic & herb seasoning	1 sachet	1 sachet
gnocchi	¾ packet	1½ packets
tinned cherry tomatoes	1 tin	2 tins
plant-based butter*	30g	60g
brown sugar*	½ tbs	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
water*	1/4 cup	½ cup
cucumber	1 (medium)	1 (large)
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag
roasted hazelnuts	1 packet	2 packets
plant-based grated cheese	1 packet (50g)	2 packets (100g)
diced bacon**	1 packet	1 packet
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3082kJ (737Cal)	462kJ (110Cal)
16.8g	2.5g
32.6g	4.9g
14.6g	2.2g
91.2g	13.7g
16.7g	2.5g
2581mg	387mg
	3082kJ (737Cal) 16.8g 32.6g 14.6g 91.2g 16.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3667kJ (876Cal)	511kJ (122Cal)
Protein (g)	24.8g	3.5g
Fat, total (g)	44.8g	6.2g
- saturated (g)	19.1g	2.7g
Carbohydrate (g)	91.3g	12.7g
- sugars (g)	16.7g	2.3g
Sodium (mg)	2980mg	415mg

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





Get prepped

• Finely chop celery. Grate the carrot.



Cook the veggies

- · Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook celery, carrot and a pinch of **chilli flakes** (if using). Season with **pepper** and cook until softened, 5-6 minutes.
- Add garlic paste and garlic & herb seasoning and cook until fragrant, 1-2 minutes.

Custom Recipe: If you've added diced bacon, cook the bacon before the veggies, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.



Pan-fry the gnocchi

- While the veggies are cooking, heat a second large frying pan over medium-high heat with a generous drizzle of olive oil.
- · When oil is hot, add gnocchi (see ingredients) in a single layer and cook, tossing occasionally, until golden, 6-8 minutes (cook in batches if your pan is getting crowded). Season to taste.

TIP: Allow the undersides to become golden before tossing!

TIP: Add extra olive oil if the gnocchi sticks to the



Make the sugo

 To the pan of veggies, add tinned cherry tomatoes (including the sauce!), the plant-based butter, brown sugar, vegetable stock powder and the water, then season with pepper. Stir to combine and simmer until fragrant, 5-7 minutes.



Make the salad

- Meanwhile, thinly slice cucumber.
- In a medium bowl, combine a drizzle of balsamic vinegar and olive oil. Add cucumber, rocket leaves and roasted hazelnuts, then toss to coat. Season to taste.



Serve up

- Divide plant-based veggie-loaded gnocchi between plates. Top with tomato sugo and sprinkle with plant-based grated cheese.
- · Serve with green hazelnut salad. Enjoy!

TIP: The plant-based cheese has a unique texture. Use less or leave it out if you're not a fan!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate