



Plant-Based Veggie-Loaded Gnocchi

with Tomato Sugo & Green Hazelnut Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Celery



Carrot



Chilli Flakes (Optional)



Garlic Paste



Garlic & Herb Seasoning



Gnocchi



Tinned Cherry Tomatoes



Vegetable Stock Powder



Cucumber



Rocket Leaves



Roasted Hazelnuts



Plant-Based Grated Cheese



Diced Bacon

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



Plant Based*

*Custom Recipe is not Plant Based

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.

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

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, Balsamic Vinegar

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

	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*	¼ 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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3082kJ (737Cal)	462kJ (110Cal)
Protein (g)	16.8g	2.5g
Fat, total (g)	32.6g	4.9g
- saturated (g)	14.6g	2.2g
Carbohydrate (g)	91.2g	13.7g
- sugars (g)	16.7g	2.5g
Sodium (mg)	2581mg	387mg

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**.



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**.



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.



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.



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 pan.



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!

Rate your recipe

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