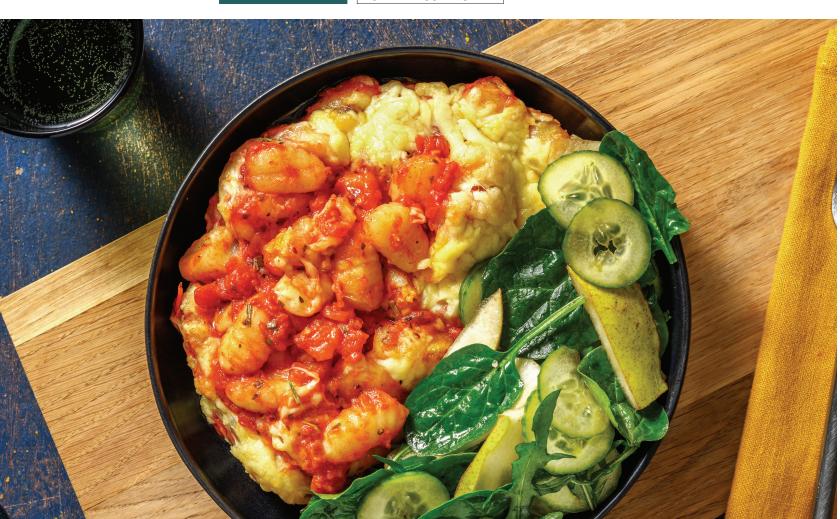


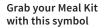
# Garlic & Herb Gnocchi Traybake

with Pear Salad & Cheddar Cheese

WINTER WARMERS

**CLIMATE SUPERSTAR** 













Seasoning



Chilli Flakes



(Optional)





Shredded Cheddar

Cheese

Cucumber



Spinach & Rocket





Balsamic Glaze



Prep in: 10-20 mins Ready in: 25-35 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 pull this dish of bubbling goodness from your oven in just 25 minutes.



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

Medium or large baking dish

# Ingredients

<b>-</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
gnocchi	1 packet	2 packets
chopped tomatoes	1 tin	2 tins
garlic & herb seasoning	1 sachet	1 sachet
vegetable stock powder	1 medium sachet	1 large sachet
chilli flakes ∮ (optional)	pinch	pinch
brown sugar*	½ tbs	1 tbs
butter*	20g	40g
shredded Cheddar cheese	1 packet (80g)	2 packets (160g)
pear	1	2
cucumber	1 (medium)	1 (large)
spinach & rocket mix	1 small bag	1 medium bag
balsamic glaze	½ bottle	1 bottle
diced bacon**	1 packet	1 packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3248kJ (776Cal)	488kJ (116Cal)
Protein (g)	27.1g	4.1g
Fat, total (g)	27g	4.1g
- saturated (g)	14.8g	2.2g
Carbohydrate (g)	106.6g	16g
- sugars (g)	20.6g	3.1g
Sodium (mg)	2977mg	448mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3833kJ (916Cal)	<b>536kJ</b> (128Cal)
Protein (g)	35.1g	4.9g
Fat, total (g)	39.1g	5.5g
- saturated (g)	19.2g	2.7g
Carbohydrate (g)	106.7g	14.9g
- sugars (g)	20.6g	2.9g
Sodium (mg)	3376mg	472mg

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 | CW33



## Bake the gnocchi

- Preheat oven to 240°C/220°C fan-forced.
- In a baking dish, add **gnocchi** and **olive oil** (2½ tbs for 2 people / ½ cup for 4 people). Season, toss to coat and bake until crispy, 10-14 minutes.

Custom Recipe: If you've added diced bacon, in the last 5 minutes of cook time, remove baking dish from oven and add the bacon. Bake until golden and crisp.



#### Make the sauce

- When the gnocchi is cooked, add chopped tomatoes, garlic & herb seasoning, vegetable stock powder, a pinch of chilli flakes (if using), the **brown sugar** and **butter** to the baking dish. Season and stir to combine.
- Sprinkle over **shredded Cheddar cheese** and bake until golden, 8-10 minutes.



#### Toss the salad

- While the gnocchi is baking, thinly slice **pear** and **cucumber**.
- In a medium bowl, add spinach & rocket mix, pear, cucumber and balsamic glaze (see ingredients). Season and toss to coat.



## Serve up

- Divide garlic and herb gnocchi traybake between bowls.
- · Serve with pear salad. Enjoy!



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

