



# Garlic & Herb Gnocchi Traybake

with Pear Salad & Cheddar Cheese

WINTER WARMERS

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Gnocchi



Chopped Tomatoes



Garlic & Herb Seasoning



Vegetable Stock Powder



Chilli Flakes (Optional)



Shredded Cheddar Cheese



Pear



Cucumber



Spinach & Rocket Mix



Balsamic Glaze



Diced Bacon

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.

**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

Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>brown sugar*</b>	½ tbs	1 tbs
<b>butter*</b>	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

\*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)	536kJ (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](https://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



1



## 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.

2



## 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**.

3



## 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.

4



## Serve up

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

## Rate your recipe

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