



Quick Creamy Chorizo & Gnocchi Soup

with Parmesan

NEW

Grab your Meal Kit with this symbol



Gnocchi



Carrot



Mild Chorizo



Herb & Mushroom Seasoning



Tomato Paste



Chicken-Style Stock Powder



Cream



Baby Spinach Leaves



Grated Parmesan Cheese



Chicken Breast

Prep in: 15-25 mins
Ready in: 15-25 mins

Eat Me Early*
*Custom Recipe only

Who said we couldn't do soup and gnocchi because we did it and we can't get enough of the creamy and rich flavours that are ready to be slurped up. The chorizo gives the soup a delicious heat and the pillowy gnocchi soaks everything up.

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

Pantry items

Olive Oil, Brown Sugar

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 saucepan

Ingredients

| | 2 People | 4 People |
|----------------------------|------------------|-----------------------------------|
| olive oil* | refer to method | refer to method |
| gnocchi | 1 packet | 2 packets |
| carrot | 1 | 2 |
| mild chorizo | ½ packet | 1 packet |
| herb & mushroom seasoning | 1 sachet | 2 sachets |
| tomato paste | 1 packet | 2 packets |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| brown sugar* | ½ tbs | 1 tbs |
| water* | 3 cups | 6 cups |
| cream | ½ packet (125ml) | 1 packet (250ml) |
| baby spinach leaves | 1 medium bag | 1 large bag |
| grated Parmesan cheese | 1 medium packet | 1 large packet |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3618kJ (865Cal) | 760kJ (182Cal) |
| Protein (g) | 30.7g | 6.5g |
| Fat, total (g) | 39.9g | 8.4g |
| - saturated (g) | 22g | 4.6g |
| Carbohydrate (g) | 94.3g | 19.8g |
| - sugars (g) | 8.9g | 1.9g |
| Sodium (mg) | 3041mg | 639mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4363kJ (1043Cal) | 686kJ (164Cal) |
| Protein (g) | 63.8g | 10g |
| Fat, total (g) | 45.1g | 7.1g |
| - saturated (g) | 23.6g | 3.7g |
| Carbohydrate (g) | 95.1g | 15g |
| - sugars (g) | 9g | 1.4g |
| Sodium (mg) | 3141mg | 494mg |

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 | CW43



1



Cook the gnocchi

- Heat a large saucepan over 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.
- Meanwhile, finely chop **carrot** and **mild chorizo** (see ingredients).

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

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.

3



Finish the soup

- Remove pan from heat, then add cooked **gnocchi**, **cream** (see ingredients) and **baby spinach leaves**, stirring, until combined. Season to taste.

Custom Recipe: Add chicken to the soup along with the gnocchi, cream and spinach, stirring to combine.

2



Start the soup

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **chorizo** and **carrot** until browned and tender, **4-5 minutes**.
- Add **herb & mushroom seasoning** and **tomato paste**, and cook until fragrant, **1 minute**.
- Add **chicken-style stock powder**, **brown sugar** and the **water** and bring to the boil.

Custom Recipe: Cook the chicken before cooking the chorizo and carrot. Return saucepan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate. Continue as above.

4



Serve up

- Divide creamy chorizo and gnocchi soup between bowls.
- Sprinkle over **grated Parmesan cheese** to serve. Enjoy!

Rate your recipe

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