



Garlic & Herb Baked Gnocchi

with Pear Salad & Cheddar Cheese

KID FRIENDLY



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 & Olive Oil Dressing



Diced Chicken

Prep in: 10-20 mins
Ready in: 25-30 mins

Eat Me Early*
**Custom Recipe only*

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
olive oil*	refer to method	refer to method
gnocchi	1 packet	2 packets
chopped tomatoes	1 tin	2 tins
garlic & herb seasoning	1 medium sachet	1 large 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 & olive oil dressing	1 packet	2 packets
diced chicken**	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3262kJ (779Cal)	491kJ (117Cal)
Protein (g)	25.9g	3.9g
Fat, total (g)	27.4g	4.1g
- saturated (g)	14.8g	2.2g
Carbohydrate (g)	108.6g	16.3g
- sugars (g)	21g	3.2g
Sodium (mg)	3027mg	455mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3919kJ (936Cal)	481kJ (114Cal)
Protein (g)	59.4g	7.3g
Fat, total (g)	29.8g	3.7g
- saturated (g)	15.5g	1.9g
Carbohydrate (g)	108.6g	13.3g
- sugars (g)	21g	2.6g
Sodium (mg)	3088mg	379mg

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

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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 chicken, heat a large frying pan over 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.

3



Make the salad

- While the gnocchi is baking, thinly slice **pear** and **cucumber**.
- In a medium bowl, add **pear**, **cucumber**, **spinach & rocket mix** and **balsamic & olive oil dressing**. Season and toss to coat.

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**.

Custom Recipe: Add cooked chicken with chopped tomatoes and aromatics to the baking dish. Season and stir to combine. Continue as above.

4



Serve up

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

Rate your recipe

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