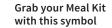


Mediterranean Tomato Gnocchi

with Basil Pesto & Parmesan

CLIMATE SUPERSTAR









Flaked Almonds





Soffritto Mix

Gnocchi



Garlic & Herb Seasoning







Salad Leaves



Plant-Based

Basil Pesto



Grated Parmesan Cheese



Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins Ready in: 25-35 mins Bring the Italian restaurant vibes to your dinner table with some help from our pillowy potato gnocchi. Whip up a rich herbed tomato sauce, top with sharp Parmesan and dinner is done!

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

Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
gnocchi	1 packet	2 packets
soffritto mix	1 packet (150g)	1 packet (300g)
garlic & herb seasoning	1 medium sachet	1 large sachet
tinned tomatoes	1 medium packet	1 large packet
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
salad leaves	1 medium bag	1 large bag
plant-based basil pesto	1 packet (50g)	1 packet (100g)
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3504kJ (837Cal)	662kJ (158Cal)
Protein (g)	24.8g	4.7g
Fat, total (g)	36.1g	6.8g
- saturated (g)	10.8g	2g
Carbohydrate (g)	102.2g	19.3g
- sugars (g)	13.2g	2.5g
Sodium (mg)	2363mg	447mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4089kJ (977Cal)	706kJ (169Cal)
Protein (g)	32.8g	5.7g
Fat, total (g)	48.2g	8.3g
- saturated (g)	15.2g	2.6g
Carbohydrate (g)	102.3g	17.7g
- sugars (g)	13.2g	2.3g
Sodium (mg)	2762mg	477mg

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.



Cook the gnocchi

- Finely chop garlic.
- Heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a small bowl.
- Return frying pan to 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.

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



Toss the gnocchi

- Stir salad leaves, plant-based basil pesto and the butter through the sauce, until leaves have wilted, 2 minutes. Season to taste with salt and pepper.
- Remove pan from heat, then add the gnocchi and grated Parmesan cheese. Gently toss gnocchi to coat in the sauce.



Make the sauce

- Return frying pan to medium-high heat with a drizzle of olive oil.
 Cook soffritto mix, stirring, until softened, 3-4 minutes.
- Add garlic and garlic & herb seasoning and cook, stirring, until fragrant,
 1 minute.
- Add tinned tomatoes, the water and brown sugar and simmer until slightly thickened, 2-3 minutes.

Custom Recipe: If you've added diced bacon, cook bacon with soffritto mix, stirring, breaking up with a spoon, until golden, 6-7 minutes.



Serve up

- Divide Mediterranean tomato gnocchi between bowls.
- Top with toasted almonds to serve. Enjoy!

Scan here if you have any questions or concerns

