



Creamy Cauliflower & Parmesan Gnocchi

with Herbs & Chilli Flakes

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Onion



Garlic



Herbs



Gnocchi



Garlic & Herb Seasoning



Cream



Vegetable Stock Powder



Grated Parmesan Cheese



Salad Leaves



Chilli Flakes (Optional)



Diced Bacon

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: 20-30 mins
Ready in: 30-40 mins

Gnocchi is going to knock your socks off with its creamy cauliflower sauce. It will dazzle with fragrant herbs and let's include that lovely Parmesan cheesiness everyone loves in a pasta. Gnocchi is unstoppable tonight, best to get eating before it's all gone!

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

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
onion	½	1
garlic	2 cloves	4 cloves
herbs	½ bag	1 bag
gnocchi	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet (125ml)	1 packet (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
water*	½ cup	1 cup
grated Parmesan cheese	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag
chilli flakes (optional)	pinch	pinch
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4036kJ (965Cal)	607kJ (145Cal)
Protein (g)	26g	3.9g
Fat, total (g)	50g	7.5g
- saturated (g)	32.1g	4.8g
Carbohydrate (g)	100.9g	15.2g
- sugars (g)	12.7g	1.9g
Sodium (mg)	2478mg	373mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4621kJ (1104Cal)	646kJ (154Cal)
Protein (g)	33.9g	4.7g
Fat, total (g)	62.2g	8.7g
- saturated (g)	36.5g	5.1g
Carbohydrate (g)	101g	14.1g
- sugars (g)	12.8g	1.8g
Sodium (mg)	2877mg	402mg

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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Roast the cauliflower

- Preheat oven to **220°C/200°C fan-forced**.
- Chop **cauliflower** (including stalk!) into small florets.
- Place **cauliflower** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender and brown around edges, **20-25 minutes**.



Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** until tender, **3-5 minutes**.
- Add **garlic, herbs, garlic & herb seasoning** and cook until fragrant, **1-2 minutes**.

Custom Recipe: If you've added diced bacon, cook bacon with the onion, breaking up with a spoon, until browned, 5-6 minutes.



Get prepped

- Meanwhile, thinly slice **onion** (see ingredients). Finely chop **garlic**. Pick the **herbs** (see ingredients).



Finish the gnocchi

- Reduce heat to medium, then add **cream** (see ingredients), **vegetable stock powder**, cooked **gnocchi** and the **water**, and stir until thickened, **1-2 minutes**.
- Remove pan from heat, then add **grated Parmesan cheese**, roasted **cauliflower** and **salad leaves** and stir until wilted.



Pan-fry the gnocchi

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, pan-fry **gnocchi**, tossing occasionally, until golden, **6-8 minutes**. Transfer to a bowl.

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



Serve up

- Divide creamy cauliflower and Parmesan gnocchi between bowls. Garnish with a pinch of **chilli flakes** (if using). Enjoy!

Rate your recipe

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