



# Mediterranean Tomato Sugo Gnocchi

with Basil Pesto & Parmesan

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Flaked Almonds



Gnocchi



Soffritto Mix



Garlic & Herb Seasoning



Tomato Sugo



Baby Spinach Leaves



Basil Pesto



Grated Parmesan Cheese



Diced Bacon

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!

**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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
tomato sugo	1 medium packet	1 large packet
<b>water*</b>	½ cup	1 cup
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
basil pesto	1 packet (50g)	1 packet (100g)
<b>butter*</b>	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](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

2024 | CW04



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## 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.

3



## Toss the gnocchi

- Stir **baby spinach leaves**, **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.

2



## 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 **tomato sugo**, 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.

4



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)