

# Easy Bacon & Pumpkin Gnocchi Bake

with Parmesan

KID FRIENDLY



Grab your Meal Kit with this symbol







Peeled Pumpkin





Aussie Spice



Blend



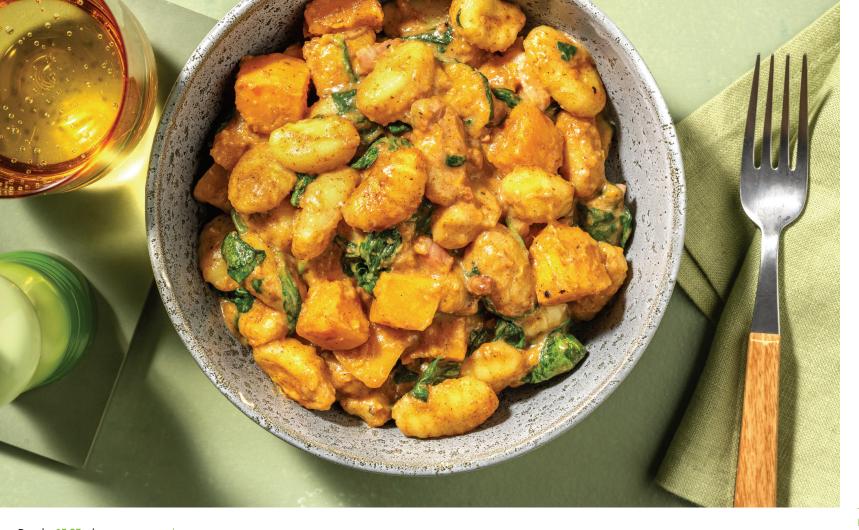






**Baby Spinach** Leaves





Prep in: 15-25 mins Ready in: 55-65 mins

Gnocchi has to be the cutest pasta around. Soft little pillows sitting in a creamy sauce with pops of bacon, pumpkin and spinach are too irresistible to leave alone. We're gobbling them up this instant!

**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

Medium or large baking dish

## **Ingredients**

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
peeled pumpkin pieces	1 medium bag	1 large bag		
diced bacon	1 packet	1 packet		
Aussie spice blend	1 medium sachet	1 large sachet		
gnocchi	1 packet	2 packets		
cream	½ packet (125ml)	1 packet (250ml)		
grated Parmesan cheese	1 medium packet	1 large packet		
water*	1 cup	2 cups		
baby spinach leaves	1 medium bag	1 large bag		
grated Parmesan cheese**	1 medium packet	1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3386kJ (809Cal)	825kJ (197Cal)
Protein (g)	28.1g	6.8g
Fat, total (g)	39.3g	9.6g
- saturated (g)	21.6g	5.3g
Carbohydrate (g)	85.5g	20.8g
- sugars (g)	3.1g	0.8g
Sodium (mg)	2436mg	593mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3591kJ (858Cal)	848kJ (203Cal)
Protein (g)	32.5g	7.7g
Fat, total (g)	42.7g	10.1g
- saturated (g)	23.9g	5.6g
Carbohydrate (g)	85.6g	20.2g
- sugars (g)	3.3g	0.8g
Sodium (mg)	2528mg	597mg

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.



# Roast the pumpkin

- Preheat oven to 220°C/200°C fan forced. Place peeled pumpkin pieces and diced bacon in a baking dish.
- Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, 12-15 minutes.

**Little cooks:** Kids can help toss the pumpkin and bacon.



## Add the gnocchi

- When the pumpkin is done, add Aussie spice blend, gnocchi, cream (see ingredients), grated Parmesan cheese and the water, then stir to combine. Season with salt and pepper.
- Cover with foil and bake until gnocchi is cooked through, **20-25 minutes**.
- Uncover, return to the oven and bake until golden, 10-15 minutes.

**Custom Recipe:** If you've doubled your grated Parmesan cheese, add extra cheese as above.



## Bring it all together

Remove baking dish from oven and stir through baby spinach leaves until
wilted.



## Serve up

Divide creamy bacon and roasted pumpkin gnocchi bake between bowls.
 Enjoy!

