



Plant-Based Veggie-Loaded Gnocchi

with Tomato Sugo & Green Almond Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Gnocchi



Celery



Carrot



Chilli Flakes (Optional)



Garlic Paste



Garlic & Herb Seasoning



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Cucumber



Roasted Almonds



Mixed Salad Leaves



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins



Plant Based*

*Custom Recipe is not Plant Based

Soft pillowy bundles of potato gnocchi, smothered in fragrant sauce and baked until deliciously golden and warm. Now, if that hasn't got your mouth watering, wait until you reveal the nutty fresh salad.

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

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, Balsamic Vinegar

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
gnocchi	1 packet	2 packets
celery	1 stalk	2 stalks
carrot	1	2
chilli flakes (optional)	pinch	pinch
garlic paste	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
crushed & sieved tomatoes	1 tin	2 tins
plant-based butter*	30g	60g
brown sugar*	2 tsp	4 tsp
vegetable stock powder	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
cucumber	1 (medium)	1 (large)
roasted almonds	1 packet	2 packets
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2813kJ (672Cal)	437kJ (104Cal)
Protein (g)	17.7g	2.7g
Fat, total (g)	26.5g	4.1g
- saturated (g)	9.5g	1.5g
Carbohydrate (g)	89g	13.8g
- sugars (g)	17.5g	2.7g
Sodium (mg)	2606mg	405mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3398kJ (812Cal)	489kJ (117Cal)
Protein (g)	25.7g	3.7g
Fat, total (g)	38.6g	5.6g
- saturated (g)	14g	2g
Carbohydrate (g)	89.1g	12.8g
- sugars (g)	17.6g	2.5g
Sodium (mg)	3005mg	433mg

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



1



Boil the gnocchi

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Cook **gnocchi** in boiling water, over high heat, until floating on the surface, **2-3 minutes**.
- Drain **gnocchi**, then return to saucepan. Drizzle with **olive oil**.

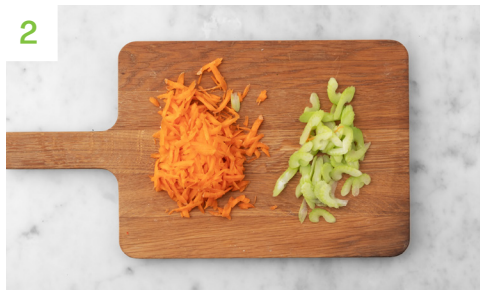
4



Make the sugo

- To the pan of veggies, add the **crushed & sieved tomatoes**, the **plant-based butter**, **brown sugar**, **vegetable stock powder** and the **water**, then season with **pepper**. Stir to combine and simmer until fragrant, **5-7 minutes**.
- Remove pan from heat and stir through cooked **gnocchi** until combined. Season to taste.

2



Get prepped

- Meanwhile, finely chop **celery**. Grate **carrot**.

5



Make the salad

- Meanwhile, thinly slice **cucumber**. Roughly chop **roasted almonds**.
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Add **cucumber**, **mixed salad leaves** and **roasted almonds**. Season to taste and toss to combine.

3



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **celery**, **carrot** and a pinch of **chilli flakes** (if using). Season with **pepper** and cook until softened, **5-6 minutes**.
- Add **garlic paste** and **garlic & herb seasoning** and cook until fragrant, **1-2 minutes**.

Custom Recipe: If you've added diced bacon, cook bacon with the carrot and celery, breaking bacon up with a spoon. Continue with step.

6



Serve up

- Divide plant-based veggie-loaded gnocchi between bowls.
- Serve with green almond salad. Enjoy!

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