



Creamy Bacon & Pumpkin Gnocchi Bake

with Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Diced Bacon



Aussie Spice Blend



Gnocchi



Cream



Grated Parmesan Cheese



Baby Leaves



Grated Parmesan Cheese

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

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

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

Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 small packet	1 medium packet
diced bacon	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
gnocchi	1 packet	2 packets
cream	½ packet	1 packet
grated Parmesan cheese	1 medium packet	1 large packet
water*	1 cup	2 cups
baby leaves	1 medium packet	1 large packet
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3576kJ (855Cal)	697kJ (167Cal)
Protein (g)	30g	5.8g
Fat, total (g)	39.6g	7.7g
- saturated (g)	21.7g	4.2g
Carbohydrate (g)	92.9g	18.1g
- sugars (g)	7.8g	1.5g
Sodium (mg)	2437mg	475mg
Dietary Fibre (g)	10.2g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3781kJ (904Cal)	719kJ (172Cal)
Protein (g)	34.4g	6.5g
Fat, total (g)	43g	8.2g
- saturated (g)	24g	4.6g
Carbohydrate (g)	93g	17.7g
- sugars (g)	7.9g	1.5g
Sodium (mg)	2529mg	481mg
Dietary fibre	10.5g	1.5g

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



2024 | CW17

1



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.

3



Bring it all together

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

2



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, follow instructions as above.

4



Serve up

- Divide creamy bacon and pumpkin gnocchi bake between plates. Enjoy!

Rate your recipe

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