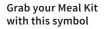


# Creamy Bacon & Pumpkin Gnocchi Bake

with Parmesan

KID FRIENDLY









Peeled Pumpkin





Aussie Spice



Blend









**Baby Leaves** 





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!

**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

<sup>\*</sup>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.



# 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.

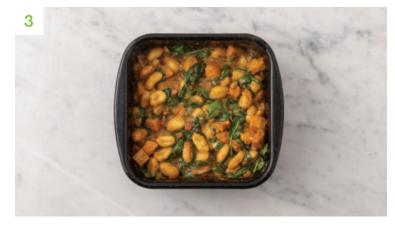
**Little cooks:** Kids can help toss the pumpkin and bacon.



#### 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, follow instructions as above.



# Bring it all together

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



# Serve up

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

