



# One-Pan Creamy Veggie Gnocchi

with Cherry Tomatoes & Parmesan Cheese

NEW



Grab your meal kit with this number

10



Gnocchi



Silverbeet



Leek



Cherry Tomatoes



Garlic Paste



Nan's Special Seasoning



Cream



Vegetable Stock Powder



Grated Parmesan Cheese



Beef Mince



Pork Mince

Prep in: 15-25 mins  
Ready in: 25-35 mins

Tonights gnocchi is going to knock your socks off! Pillowy potato pasta, panfried and tangled up in a creamy cherry tomato sauce. This dish is unstoppable, best to get eating before it's all gone!

### Pantry items

Olive Oil, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
gnocchi	1 packet	2 packets
silverbeet	1	2
leek	1	2
cherry tomatoes	1 medium packet	1 large packet
garlic paste	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
<b>water*</b>	¼ cup	½ cup
grated Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3089kJ (738Cal)	698kJ (167Cal)
Protein (g)	17.6g	4g
Fat, total (g)	40.6g	9.2g
- saturated (g)	23.6g	5.3g
Carbohydrate (g)	71.3g	16.1g
- sugars (g)	7.7g	1.7g
Sodium (mg)	2254mg	509mg
Dietary Fibre (g)	6.6g	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Panfry the gnocchi

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. When oil is hot, add **gnocchi** and cook, tossing occasionally, until golden, **6-8 minutes**. Season.

**TIP:** Add more olive oil if the gnocchi sticks to the pan.

**TIP:** If your pan is getting crowded, cook in batches for the best results!

2



## Cook the veggies

- While gnocchi is cooking, roughly chop **silverbeet**. Thinly slice **leek**. Halve **cherry tomatoes**.
- Add **leek** and **cherry tomatoes** to the pan with **gnocchi**, and cook, tossing, until tender, **3-4 minutes**.

3



## Make the sauce

- Add another drizzle of **olive oil**, the **garlic paste** and **Nan's special seasoning** to the pan. Cook, tossing, until fragrant, **1 minute**.
- Stir in **silverbeet**, **cream** (see ingredients), **vegetable stock powder**, the **butter** and **water**. Cook, stirring, until slightly thickened and silverbeet is wilted, **1-2 minutes**.

4



## Serve up

- Divide one-pan creamy gnocchi with cherry tomatoes between bowls.
- Sprinkle over **grated Parmesan cheese**. Season with pepper. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



### CUSTOM OPTIONS

#### + ADD BEEF MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

#### + ADD PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

