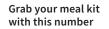


Saucy Mediterranean Gnocchi with Basil Pesto & Parmesan

WINTER WARMERS

HELLOHERO

CLIMATE SUPERSTAR









Flaked Almonds





Gnocchi

Soffritto Mix



Garlic & Herb Seasoning

Tomato Sugo





Baby Leaves

Basil Pesto



Grated Parmesan Cheese









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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
gnocchi	1 packet	2 packets
soffritto mix	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato sugo	1 medium packet	1 large packet
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
basil pesto	1 medium packet	1 large packet
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3506kJ (838cal)	333kJ (80cal)
Protein (g)	24.6g	2.3g
Fat, total (g)	36.1g	3.4g
- saturated (g)	10.8g	1g
Carbohydrate (g)	102.3g	9.7g
- sugars (g)	13.2g	1.3g
Sodium (mg)	2378mg	225.6mg
Dietary Fibre (g)	8.5g	0.8g

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.



Cook the gnocchi

- Finely chop garlic.
- Heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a small bowl.
- Return frying pan to medium-high heat with a generous drizzle of olive oil.
 When oil is hot, cook gnocchi, tossing occasionally, until golden,
 6-8 minutes. Transfer to a bowl.

TIP: Add extra oil if the gnocchi sticks to the pan.



Toss the gnocchi

- Stir baby leaves, basil pesto and the butter through the sauce, until leaves have wilted, 2 minutes. Season to taste with salt and pepper.
- Remove pan from heat, then add the gnocchi and grated Parmesan cheese. Gently toss gnocchi to coat in the sauce.



Make the sauce

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook soffritto mix, stirring, until softened, 3-4 minutes.
- Add garlic and garlic & herb seasoning and cook, stirring, until fragrant,
 1 minute.
- Add tomato sugo, the water and brown sugar and simmer, until slightly thickened, 2-3 minutes.



Serve up

- Divide saucy Mediterranean gnocchi between bowls.
- · Top with toasted almonds to serve. Enjoy!



