



# Veggie Mince & Cherry Tomato Ragu

with Gnocchi & Spinach

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Gnocchi



Leek



Carrot



Plant-Based Mince



Onion & Garlic Paste



Aussie Spice Blend



Tinned Cherry Tomatoes



Vegetable Stock Powder



Baby Spinach Leaves



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins



Plant Based\*

\*Custom Recipe is not Plant Based

It's always a good night when pasta is on the menu, especially with the pillows of gnocchi. Make it a vegetarian extravaganza with tender cherry tomato ragu and veggie mince. It's one to remember!

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

### Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter

## 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 frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
gnocchi	1 packet	2 packets
leek	1	2
carrot	1	2
plant-based mince	1 packet	2 packets
onion & garlic paste	1 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
tinned cherry tomatoes	1 tin	2 tins
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	¼ cup	½ cup
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
<b>plant-based butter*</b>	20g	40g
beef mince**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3653kJ (873Cal)	485kJ (116Cal)
Protein (g)	38.6g	5.1g
Fat, total (g)	26.9g	3.6g
- saturated (g)	7.5g	1g
Carbohydrate (g)	111.5g	14.8g
- sugars (g)	16.9g	2.2g
Sodium (mg)	3586mg	476mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3845kJ (919Cal)	494kJ (118Cal)
Protein (g)	47.2g	6.1g
Fat, total (g)	31.1g	4g
- saturated (g)	14.1g	1.8g
Carbohydrate (g)	104.7g	13.5g
- sugars (g)	15.7g	2g
Sodium (mg)	2877mg	370mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Cook the gnocchi

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- 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.

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## Make it saucy

- Add **leek** and **carrot**, and cook until tender, **5-6 minutes**.
- Add **onion & garlic paste** and **Aussie spice blend** and cook until fragrant, **1-2 minutes**.
- Add **tinned cherry tomatoes** (including the sauce), **vegetable stock powder**, the **water** and **brown sugar**.
- Bring to the boil, then reduce heat to medium, and simmer until slightly reduced, **1-2 minutes**.

2



## Get prepped

- Meanwhile, thinly slice **leek**. Grate the **carrot**.

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## Bring it all together

- Add **baby spinach leaves**, **gnocchi** and **plant-based butter** to the sauce.
- Stir until spinach is wilted and season to taste.

3



## Cook the veggie mince

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based mince**, breaking up with a spoon, until just browned, **4-5 minutes**.

**Custom Recipe:** If you've swapped to beef mince, cook the beef in the same way as above.

6



## Serve up

- Divide veggie mince and cherry tomato ragu with gnocchi between bowls. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)