



Cheesy Veggie-Loaded Grilled Gnocchi

with Sugo Sauce & Rocket-Pear Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Dried Oregano



Chilli Flakes (Optional)



Gnocchi



Tomato Paste



Chopped Tomatoes



Vegetable Stock Powder



Shredded Cheddar Cheese



Celery



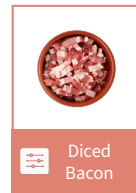
Tomato



Pear



Rocket Leaves



Diced Bacon

Keep an eye out...

Due to recent sourcing challenges, we've replaced radish with tomato, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**

Spicy (optional chilli flakes)

Soft pillowy bundles of potato gnocchi, smothered in cheese and baked until deliciously golden and oozy. Now, if that hasn't got your mouth watering, wait until you pull this dish of bubbling goodness from your oven.



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

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two large frying pans · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
carrot	1	2
dried oregano	1 sachet	1 sachet
chilli flakes (optional)	pinch	pinch
salt*	¼ tsp	½ tsp
gnocchi	¾ packet	1½ packets
tomato paste	1 packet	2 packets
chopped tomatoes	1 tin	2 tins
butter*	30g	60g
brown sugar*	½ tbs	1 tbs
vegetable stock powder	1 sachet (5g)	1 sachet (10g)
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
celery	1 stalk	2 stalks
tomato	1	2
pear	½	1
balsamic vinegar*	1 tsp	2 tsp
rocket leaves	1 bag (30g)	1 bag (60g)
diced bacon**	1 packet (100g)	1 packet (200g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3592kJ (859Cal)	479kJ (114Cal)
Protein (g)	27.4g	3.7g
Fat, total (g)	38.3g	5.1g
- saturated (g)	20.4g	2.7g
Carbohydrate (g)	99.2g	13.2g
- sugars (g)	25.3g	3.4g
Sodium (mg)	3034mg	405mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4177kJ (998Cal)	522kJ (125Cal)
Protein (g)	35.3g	4.4g
Fat, total (g)	50.4g	6.3g
- saturated (g)	24.9g	3.1g
Carbohydrate (g)	99.2g	12.4g
- sugars (g)	25.3g	3.2g
Sodium (mg)	3433mg	429mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

2021 | CW25



Get prepped

Finely chop the **brown onion**. Finely chop the **garlic**. Grate the **carrot**.



Make the sugo sauce

Add the **tomato paste** to the pan with the **veggies** and cook, stirring, for **1 minute**. Add the **chopped tomatoes, butter, brown sugar** and **vegetable stock powder**, then season with **pepper**. Stir to combine and simmer until fragrant, **5-7 minutes**.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **onion, garlic, carrot, dried oregano**, a pinch of **chilli flakes** (if using) and the **salt**. Season with **pepper** and cook until softened, **5-6 minutes**.

CUSTOM RECIPE

Add the diced bacon before the onion and cook, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.



Bring it all together

Preheat the grill to medium-high. Spread the **gnocchi** over a baking dish and top with the **sugo sauce**, then sprinkle with the **shredded Cheddar cheese**. Grill until the cheese is melted and golden, **5-10 minutes**. Meanwhile, finely chop the **celery**. Roughly chop the **tomato**. Thinly slice the **pear** (see ingredients). In a medium bowl, combine the **balsamic vinegar** with a drizzle of **olive oil**. Add the **celery, tomato, pear** and **rocket leaves** and toss to coat. Season to taste.



Pan-fry the gnocchi

While the veggies are cooking, heat a second large frying pan over a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, add the **gnocchi** (see ingredients) in a single layer and cook, tossing occasionally, until golden, **6-8 minutes** (cook in batches if your pan is getting crowded). Season.

TIP: Allow the undersides to become golden before tossing! Add extra olive oil if the gnocchi sticks to the pan.



Serve up

Divide the cheesy veggie-loaded gnocchi with sugo sauce between bowls. Serve with the rocket and pear salad.

Enjoy!