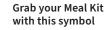
Cherry Tomato Gnocchi with Apple Salad & Cheddar









Gnocchi











Peppercorns

Tomatoes

Carrot



Garlic & Herb Seasoning



Tinned Cherry





Vegetable Stock Powder





Mixed Salad Leaves



Parsley

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

Large frying pan with a lid (or foil)

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
gnocchi	1 packet	2 packets	
brown onion	1 (medium)	1 (large)	
garlic	3 cloves	6 cloves	
apple	1	2	
carrot	1	2	
black peppercorns	½ sachet	1 sachet	
garlic & herb seasoning	1 sachet	1 sachet	
tinned cherry tomatoes	1 tin	2 tins	
water*	½ cup	1 cup	
butter*	40g	80g	
brown sugar*	½ tbs	1 tbs	
vegetable stock powder	1 large sachet	2 large sachets	
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)	
balsamic vinegar*	drizzle	drizzle	
mixed salad leaves	1 bag (30g)	1 bag (60g)	
parsley	1 bag	1 bag	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3489kJ (834Cal)	486kJ (116Cal)
Protein (g)	24g	3.3g
Fat, total (g)	27.6g	3.8g
- saturated (g)	16.9g	2.4g
Carbohydrate (g)	118.2g	16.4g
- sugars (g)	21.7g	3g
Sodium (mg)	3009mg	419mg

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

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When the oil is hot, pan-fry the **gnocchi**, tossing occasionally, until golden, **6-8 minutes**. Transfer to a plate.

TIP: Cook the gnocchi in batches if your pan is crowded.



Get prepped

While the gnocchi is cooking, finely chop the **brown onion** and **garlic**. Thinly slice the **apple**. Grate the **carrot**. Lightly crush the **black peppercorns** (see ingredients) with a pestle and mortar or in their sachet using a rolling pin.



Make the sauce

Return the frying pan to a medium-high heat with a drizzle of olive oil. Cook the onion until softened, 3-5 minutes. Add the garlic, crushed peppercorns and garlic & herb seasoning and cook until fragrant, 1 minute. Add the tinned cherry tomatoes, the water, butter, brown sugar and vegetable stock powder. Stir to combine, then simmer until slightly thickened, 4-5 minutes.



Bring it all together

Add the **gnocchi** to the **sauce** and stir to combine. Sprinkle with the **shredded Cheddar cheese**. Reduce the heat to low, cover with a lid (or foil) and cook until the cheese has melted, **5-6 minutes**.



Make the salad

In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Season with **salt** and **pepper**. Add the **mixed salad leaves**, **apple** and **carrot**, then toss to coat.



Serve up

Divide the cherry tomato gnocchi between bowls. Tear over the **parsley**. Serve with the apple salad.

Enjoy!