



Cherry Tomato Gnocchi

with Apple Salad & Cheddar

Grab your Meal Kit with this symbol



Gnocchi



Brown Onion



Garlic



Apple



Carrot



Black Peppercorns



Garlic & Herb Seasoning



Tinned Cherry Tomatoes



Vegetable Stock Powder



Shredded Cheddar Cheese



Mixed Salad Leaves



Parsley

 Hands-on: **20-30 mins**
Ready in: **35-45 mins**

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.

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

	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!