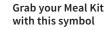


Grilled Veggie-Loaded Gnocchi with Tomato Sugo & Green Almond Salad

CLIMATE SUPERSTAR











Flaked Almonds













Seasoning

Gnocchi





Vegetable Stock



Grated Cheese



Cucumber



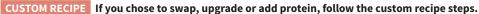
Rocket Leaves





Prep in: 25-35 mins Ready in: 35-45 mins

Plant Based* *Custom Recipe is not Plant Based 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 reveal this dish of bubbling goodness from underneath the grill.



Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, Balsamic Vinegar

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

Two large frying pans · Medium or large baking dish

Ingredients

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
celery	1 stalk	2 stalks		
carrot	1	2		
flaked almonds	1 packet	2 packets		
chilli flakes ∮ (optional)	pinch	pinch		
garlic paste	1 packet (30g)	2 packets (60g)		
garlic & herb seasoning	1 sachet	1 sachet		
gnocchi	¾ packet	1½ packets		
tinned cherry tomatoes	1 tin	2 tins		
plant-based butter*	30g	60g		
brown sugar*	½ tbs	1 tbs		
vegetable stock powder	1 medium sachet	1 large sachet		
water*	1/4 cup	½ cup		
plant-based grated cheese	1 packet (50g)	2 packets (100g)		
cucumber	1 (medium)	1 (large)		
balsamic vinegar*	drizzle	drizzle		
rocket leaves	1 small bag	1 medium bag		
mild chorizo**	1 packet	2 packets		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2888kJ (690Cal)	433kJ (103Cal)
Protein (g)	16.2g	2.4g
Fat, total (g)	26.6g	4g
- saturated (g)	14.4g	2.2g
Carbohydrate (g)	92.3g	13.8g
- sugars (g)	16.2g	2.4g
Sodium (mg)	2761mg	414mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4168kJ (996Cal)	544kJ (130Cal)
Protein (g)	34.3g	4.5g
Fat, total (g)	51.9g	6.8g
- saturated (g)	24.1g	3.1g
Carbohydrate (g)	94.3g	12.3g
- sugars (g)	16.2g	2.1g
Sodium (mg)	3651mg	476mg

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.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Finely chop celery. Grate the carrot.
- Heat a large frying pan over medium-high heat.
 Toast flaked almonds, tossing, until golden,
 2-3 minutes. Transfer to a small bowl.

Custom Recipe: If you've added mild chorizo to your meal, roughly chop the chorizo.



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook celery, carrot and a pinch of chilli flakes (if using). Season with pepper and cook until softened, 5-6 minutes.
- Add garlic paste and garlic & herb seasoning and cook until fragrant, 1-2 minutes.

Custom Recipe: Heat the pan as above. Before cooking the celery, carrot and chilli flakes, add the chorizo and cook until browned, 3-4 minutes. Continue with step.



Pan-fry the gnocchi

While the veggies are cooking, heat a second large frying pan over medium-high heat with a generous drizzle of olive oil. When oil is hot, add 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 to taste.

TIP: Allow the undersides to become golden before tossing!

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



Make the sugo

 To the veggies, add tinned cherry tomatoes (including the sauce!), the plant-based butter, brown sugar, vegetable stock powder and the water (¼ cup for 2 people / ½ cup for 4 people), then season with pepper. Stir to combine and simmer until fragrant, 5-7 minutes.



Bring it all together

- Preheat grill to medium-high. Spread gnocchi in a baking dish, top with veggie sugo, then sprinkle with plant-based grated cheese. Grill until cheese is melted and golden, 5-10 minutes.
- Meanwhile, thinly slice cucumber.
- In a medium bowl, combine a drizzle of balsamic vinegar and olive oil. Add cucumber, rocket leaves and toasted almonds, then toss to coat. Season to taste.

TIP: The plant-based cheese has a unique texture, use less or leave it out if you're not a fan!



Serve up

- Divide grilled veggie-loaded gnocchi with tomato sugo between bowls.
- Serve with green almond salad. Enjoy!

Rate your recipe

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