



Grilled Veggie-Loaded Gnocchi

with Tomato Sugo & Green Almond Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Celery



Carrot



Flaked Almonds



Chilli Flakes (Optional)



Garlic Paste



Garlic & Herb Seasoning



Gnocchi



Tinned Cherry Tomatoes



Vegetable Stock Powder



Plant-Based Grated Cheese



Cucumber



Rocket Leaves



Mild Chorizo

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.

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

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

	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*	¼ 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

2023 | CW19



1



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.

4



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**.

2



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.

5



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!

3



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.

6



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate