



Mediterranean Sugo Gnocchi

with Basil Pesto & Parmesan

Grab your Meal Kit with this symbol



Garlic



Gnocchi



Flaked Almonds



Garlic & Herb Seasoning



Baby Spinach Leaves



Soffritto Mix



Tomato Sugo



Basil Pesto



Grated Parmesan Cheese

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Bring the Italian restaurant vibes to your dinner table with some help from our pillowy potato gnocchi. Whip up a rich herbed tomato sugo, top with creamy cheese and dinner is done!

Pantry items

Olive Oil, Brown Sugar, Butter

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

Medium or large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
gnocchi	1 packet	2 packets
flaked almonds	1 packet	2 packets
soffritto mix	1 packet (150g)	1 packet (300g)
garlic & herb seasoning	1 sachet	1 sachet
tomato sugo	1 packet (200g)	1 packet (400g)
water*	½ cup	¾ cup
brown sugar*	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
basil pesto	1 packet (50g)	1 packet (100g)
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3577kJ (855Cal)	672kJ (161Cal)
Protein (g)	25.4g	4.8g
Fat, total (g)	36.6g	6.9g
- saturated (g)	11.4g	2.1g
Carbohydrate (g)	103.2g	19.4g
- sugars (g)	14.1g	2.7g
Sodium (mg)	2378mg	447mg

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.

1



Bake the gnocchi

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**.
- Place **gnocchi** in a baking dish. Drizzle with **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people). Season, toss to coat and spread out evenly. Bake until golden, **15-18 minutes**.
- Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until toasted, **2-3 minutes**. Transfer to a plate.

3



Toss the gnocchi

- Stir **baby spinach leaves**, **basil pesto** and the **butter** through the sauce until spinach has wilted, **2 minutes**. Season to taste with **salt** and **pepper**.
- Remove pan from heat, then add cooked **gnocchi** and **grated Parmesan cheese**. Gently toss **gnocchi** to coat in the sauce. Season with **pepper**.

2



Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook, stirring, until fragrant, **1 minute**.
- Add **tomato sugo**, the **water** and **brown sugar** and simmer until thickened slightly, **2-3 minutes**.

4



Serve up

- Divide Mediterranean tomato sugo gnocchi between bowls.
- Top with toasted almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW42

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