



# Mediterranean Tomato Sugo Gnocchi

with Basil Pesto & Parmesan

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Carrot



Gnocchi



Flaked Almonds



Garlic & Herb Seasoning



Soffritto Mix



Tomato Sugo



Basil Pesto



Grated Parmesan Cheese



Diced Bacon



### Recipe Update

The recent weather conditions across New Zealand have 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 sauce, top with sharp Parmesan and dinner is done!

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

### Pantry items

Olive Oil, Brown Sugar, Butter

## 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

Medium or large baking dish · Large frying pan

## Ingredients

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

\*Pantry Items \*\*Custom Recipe Ingredient

## 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

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4162kJ (995Cal)	715kJ (171Cal)
Protein (g)	33.4g	5.7g
Fat, total (g)	48.7g	8.4g
- saturated (g)	15.8g	2.7g
Carbohydrate (g)	103.3g	17.7g
- sugars (g)	14.2g	2.4g
Sodium (mg)	2777mg	477mg

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](https://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



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## Bake the gnocchi

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**. Grate the **carrot**.
- 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 golden, **2-3 minutes**. Transfer to a plate.

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## Toss the gnocchi

- Stir **basil pesto** and the **butter** through the sauce until combined. Season to taste with **salt** and **pepper**.
- Remove pan from heat, then add baked **gnocchi** and **grated Parmesan cheese**. Gently toss **gnocchi** to coat in the sauce. Season to taste with **pepper**.

2



## Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **soffritto mix** and **carrot**, 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 slightly thickened, **2-3 minutes**.

**Custom Recipe:** If you've added diced bacon, cook bacon with soffritto mix and carrot, stirring, breaking up with a spoon, until golden, 6-7 minutes.

4



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)