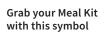


Mediterranean Tomato Sugo Gnocchi

with Basil Pesto & Parmesan

CLIMATE SUPERSTAR













Gnocchi



Flaked Almonds





Soffritto Mix

Seasoning



Tomato Sugo





Cheese



Basil Pesto

Recipe Update

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!

The recent weather

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!

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

| ingi calcino | | | | |
|----------------------------|--------------------|--------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | 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) | | |
| water* | ⅓ cup | ⅔ cup | | |
| brown sugar* | 2 tsp | 1 tbs | | |
| basil pesto | 1 packet (50g) | 1 packet (100g) | | |
| butter* | 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





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.



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.



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.



Serve up

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