



Pumpkin, Truffle & Crispy Sage Gnocchi

with Rocket & Almond Salad

Grab your Meal Kit with this symbol



Leek



Peeled & Chopped Pumpkin



Garlic



Sage



Flaked Almonds



Gnocchi



Longlife Cream



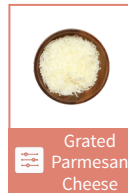
Grated Parmesan Cheese



Spinach & Rocket Mix



Truffle Oil



Grated Parmesan Cheese

Keep an eye out...

Due to recent sourcing challenges, we've replaced courgette with leek, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

Picture golden bundles of gnocchi smothered in a cheesy creamy sauce with sweet roasted veggies and drizzled with truffle oil. Now, if that hasn't got your mouth watering, just wait until you tuck into the real thing.



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

Pantry items

Olive Oil, Balsamic Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
sage	1 bag	1 bag
flaked almonds	1 packet	2 packets
gnocchi	1 packet	2 packets
longlife cream	½ bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
balsamic vinegar*	½ tsp	1 tsp
spinach & rocket mix	1 bag (30g)	1 bag (60g)
truffle oil	drizzle	drizzle
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3433kJ (821Cal)	586kJ (140Cal)
Protein (g)	24.1g	4.1g
Fat, total (g)	37.4g	6.4g
- saturated (g)	19g	3.2g
Carbohydrate (g)	92.9g	15.9g
- sugars (g)	9.1g	1.6g
Sodium (mg)	1530mg	261mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3669kJ (877Cal)	611kJ (146Cal)
Protein (g)	29.1g	4.8g
Fat, total (g)	41.3g	6.9g
- saturated (g)	21.6g	3.6g
Carbohydrate (g)	92.9g	15.5g
- sugars (g)	9.1g	1.5g
Sodium (mg)	1636mg	272mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the white and light green parts of the **leek**. Place the **peeled & chopped pumpkin** and **leek** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly, then roast until tender, **20-25 minutes**.



Make the sauce

Add the **garlic** to the **gnocchi** and cook, stirring, until fragrant, **1 minute**. Add the **longlife cream** (see ingredients) and **grated Parmesan cheese** (reserve some for garnish!) and cook, stirring, until thickened slightly, **1 minute**. Remove from the heat.

CUSTOM RECIPE

If you've doubled your grated Parmesan cheese, add it to the sauce (reserving some for garnish).



Cook the sage leaves

While the veggies are roasting, finely chop the **garlic**. Pick the **sage** leaves. Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, cook the **sage** leaves until crispy, **1 minute** each side. Transfer to a plate lined with paper towel.



Make the salad

In a medium bowl, combine a small drizzle of **olive oil** and the **balsamic vinegar**. Season, then add the **spinach & rocket mix**. Toss to coat.



Pan-fry the gnocchi

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Pan-fry the **gnocchi** in a single layer, tossing occasionally, until golden, **6-8 minutes**. Season.

TIP: If the gnocchi doesn't fit in a single layer, pan-fry in batches so it becomes golden.

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



Serve up

Sprinkle the toasted almonds over the salad. Gently stir the roasted veggies through the gnocchi. Divide the pumpkin gnocchi between bowls and drizzle with the **truffle oil**. Garnish with the crispy sage leaves and reserved Parmesan cheese. Serve with the rocket and almond salad.

TIP: Truffle has a strong flavour, add less if desired.

Enjoy!