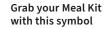


# Veggie-Loaded Grilled Gnocchi with Sugo & Rocket-Pear Salad



















Dried Oregano



Chilli Flakes



(Optional)





Tomato Paste

**Chopped Tomatoes** 



Vegetable Stock



**Grated Cheese** 

Powder





Celery



Cucumber



**Rocket Leaves** 







# **Pantry items**

Olive Oil, Plant-Based Butter, Brown Sugar, Balsamic Vinegar

Hands-on: 25-35 mins Ready in: 35-45 mins Spicy (optional

chilli flakes)



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 pull this dish of bubbling goodness from your oven.

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

Two large frying pans · Medium or large baking dish

## Ingredients

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
brown onion	1 (medium)	1 (large)		
garlic	2 cloves	4 cloves		
carrot	1	2		
dried oregano	1 sachet	1 sachet		
chilli flakes (optional)	pinch	pinch		
salt*	1/4 tsp	½ tsp		
gnocchi	¾ packet	1½ packets		
tomato paste	1 packet	2 packets		
chopped 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		
plant-based grated cheese	1 packet (50g)	1 packet (100g)		
celery	1 stalk	2 stalks		
cucumber	1 (medium)	1 (large)		
pear	1/2	1		
balsamic vinegar*	1 tsp	2 tsp		
rocket leaves	1 bag (30g)	1 bag (60g)		
mild chorizo**	1 packet	2 packets		
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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2918kJ (697Cal)	387kJ (92Cal)
Protein (g)	15.5g	2.1g
Fat, total (g)	24.8g	3.3g
- saturated (g)	14g	1.9g
Carbohydrate (g)	100.4g	13.3g
- sugars (g)	22.8g	3g
Sodium (mg)	2592mg	343mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4198kJ (1003Cal)	491kJ (117Cal)
Protein (g)	33.6g	3.9g
Fat, total (g)	50.1g	5.9g
- saturated (g)	23.7g	2.8g
Carbohydrate (g)	102.4g	12g
- sugars (g)	22.8g	2.7g
Sodium (mg)	3482mg	407mg

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





# Get prepped

Finely chop the brown onion. Finely chop the garlic. Grate the carrot.

#### **CUSTOM RECIPE**

If you've added mild chorizo to your meal, roughly chop the chorizo.



# Cook the veggies

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Add the onion, garlic, carrot, dried oregano, a pinch of chilli flakes (if using) and the salt. Season with pepper and cook until softened, **5-6 minutes**.

#### **CUSTOM RECIPE**

Heat the pan as above. Before cooking the veggies, add the chorizo and cook until browned, 3-4 minutes. Continue with step.



# Pan-fry the gnocchi

While the veggies are cooking, heat a second large frying pan over a medium-high heat with a generous drizzle of olive oil. When the oil is hot, add the **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.

**TIP:** Allow the undersides to become golden before

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



# Make the sugo

Add the **tomato paste** to the **veggies** and cook, stirring, until fragrant, **1 minute**. Add the **chopped** tomatoes, plant-based butter, brown sugar and **vegetable stock powder**, then season with **pepper**. Stir to combine and simmer until slightly thickened, 5-7 minutes.



# Grill the gnocchi

Preheat the grill to medium-high. Spread the **gnocchi** in a baking dish and top with the **sugo**, then sprinkle with the plant-based grated cheese. Grill until the cheese is melted and golden, **5-10 minutes.** Meanwhile, thinly slice the **celery**, cucumber and pear (see ingredients). In a medium bowl, combine the **balsamic vinegar** with a drizzle of olive oil. Add the celery, cucumber, pear and rocket leaves and toss to coat. Season to taste.



# Serve up

Divide the veggie-loaded gnocchi between bowls. Serve with the rocket and pear salad.

# Enjoy!