



Veggie-Loaded Grilled Gnocchi

with Sugo & Rocket-Pear Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Dried Oregano



Chilli Flakes (Optional)



Gnocchi



Tomato Paste



Chopped Tomatoes



Vegetable Stock Powder



Plant-Based Grated Cheese



Celery



Cucumber



Pear



Rocket Leaves



Mild Chorizo



Hands-on: **25-35 mins**
Ready in: **35-45 mins**



Plant Based



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.



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

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, 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

Two large frying pans · Medium or large baking dish

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* | ¼ 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 | ½ | 1 |
| balsamic vinegar* | 1 tsp | 2 tsp |
| rocket leaves | 1 bag (30g) | 1 bag (60g) |
| mild chorizo** | 1 packet | 2 packets |

*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

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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.



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**.



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.



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.



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 tossing!

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



Serve up

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

Enjoy!