



Cheesy Grilled Gnocchi & Veggies

with Pear Salad

Grab your Meal Kit with this symbol



Garlic



Rosemary



Dried Oregano



Chilli Flakes (Optional)



Gnocchi



Tomato Paste



Diced Tomatoes with Garlic & Onion



Vegetable Stock Powder



Baby Spinach Leaves



Pear



Salad Leaves



Soffritto Mix



Shredded Cheddar Cheese



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

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, 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 wash your fruit and veggies.

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
garlic	2 cloves	4 cloves
rosemary	1 stick	2 sticks
dried oregano	1 medium sachet	1 large sachet
soffritto mix	1 medium bag	1 large bag
chilli flakes (optional)	pinch	pinch
salt*	¼ tsp	½ tsp
gnocchi	¾ packet	1½ packets
tomato paste	1 medium packet	1 large packet
diced tomatoes with garlic & onion	1 box	2 boxes
butter*	30g	60g
brown sugar*	½ tbs	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
water*	¼ cup	½ cup
shredded Cheddar cheese	1 large packet	2 large packets
pear	1	2
balsamic vinegar*	1 tsp	2 tsp
salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3360kJ (803Cal)	519kJ (124Cal)
Protein (g)	28g	4.3g
Fat, total (g)	32.7g	5.1g
- saturated (g)	20.7g	3.2g
Carbohydrate (g)	93.4g	14.4g
- sugars (g)	26g	4g
Sodium (mg)	2996mg	463mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3748kJ (896Cal)	541kJ (129Cal)
Protein (g)	34.9g	5g
Fat, total (g)	39.5g	5.7g
- saturated (g)	23.2g	3.4g
Carbohydrate (g)	94.2g	13.6g
- sugars (g)	26.5g	3.8g
Sodium (mg)	3427mg	495mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Scan here if you have any questions or concerns



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Get prepped

- Finely chop **garlic**.
- Pick and finely chop **rosemary** leaves.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Make it saucy

- To the pan with the **veggies**, add **tomato paste**. Cook, stirring, until heated through, **1 minute**.
- Add **diced tomatoes with garlic & onion**, the **butter**, the **brown sugar**, **rosemary** and **vegetable stock powder**. Season with **pepper**.
- Stir to combine, then simmer until fragrant, **5 minutes**. Stir through **baby spinach leaves** until wilted, **1 minute**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **garlic**, **dried oregano**, **soffritto mix**, a pinch of **chilli flakes** (if using) and the **salt**, stirring, until softened, **6-7 minutes**.

Custom Recipe: If you've added diced bacon, before cooking the veggies, heat a drizzle of olive oil in the frying pan over medium-high heat. Cook bacon, breaking it up with a spoon, 2-3 minutes. Continue with the step (leave the bacon in the pan!).



Bring it all together

- Preheat grill to medium-high.
- Transfer cooked **gnocchi** to a baking dish with the **sauce** and the **water**. Stir to combine. Sprinkle with **shredded Cheddar cheese**. Grill until cheese is melted and golden, **5-10 minutes**.
- Meanwhile, thinly slice **pear**. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **pear** and **salad leaves**. Toss to coat.

TIP: Grills cook fast, so keep an eye on the gnocchi!



Cook the gnocchi

- Meanwhile, heat a second large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **gnocchi** (see ingredients) in a single layer, tossing occasionally, until golden, **6-8 minutes** (cook in batches if your pan is getting crowded).
- Season, then remove from heat.

TIP: Only start tossing the gnocchi once they're beginning to look golden underneath.

TIP: Add another drizzle of olive oil if the gnocchi is sticking to the pan!



Serve up

- Divide cheesy grilled gnocchi between plates.
- Serve with pear salad. Enjoy!

Rate your recipe

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