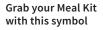


Cheesy Grilled Gnocchi & Veggies with Pear Salad















Dried Oregano

Chilli Flakes (Optional)





Gnocchi

Tomato Paste





Diced Tomatoes with Garlic & Onion

Vegetable Stock Powder







Baby Spinach









Salad Leaves

Soffritto Mix



Shredded Cheddar

Cheese

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.

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*	1/4 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*	⅓ 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		
0 0000011111000100		
Avg Qty	Per Serving	Per 100g
	Per Serving 3748kJ (896Cal)	Per 100g 541kJ (129Cal)
Avg Qty		
Avg Qty Energy (kJ)	3748kJ (896Cal)	541kJ (129Cal)
Avg Qty Energy (kJ) Protein (g)	3748kJ (896Cal) 34.9g	541kJ (129Cal) 5g
Avg Qty Energy (kJ) Protein (g) Fat, total (g)	3748kJ (896Cal) 34.9g 39.5g	541kJ (129Cal) 5g 5.7g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g)	3748kJ (896Cal) 34.9g 39.5g 23.2g	541kJ (129Cal) 5g 5.7g 3.4g

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.

We're here to help!





Get prepped

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

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



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 a spoon, 2-3 minutes. Continue with the step (leave the bacon in the pan!).



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!



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.



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!



Serve up

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



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