

# **CHEESY VEGGIE-LOADED GRILLED GNOCCHI**

with Sugo Sauce & Sage





Make a sugo sauce













Carrot





Chilli Flakes (Optional)

**Dried Oregano** 





Tomato Paste



**Diced Tomatoes** 



Vegetable Stock



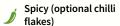
Shredded Cheddar





**Rocket Leaves** 





Picture soft pillowy bundles of potato gnocchi, smothered in cheese and grilled until deliciously golden and oozy. Now, if that hasn't got your mouth watering, just wait until you pull the real thing from the oven.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

•two large frying pans • medium baking dish



### **GET PREPPED**

Finely chop the **brown onion** and **zucchini**. Finely chop the **garlic** (or use a garlic press). Grate the **celery** (or finely chop if you prefer!). Grate the carrot (unpeeled). Pick the sage leaves and thinly slice. Place the sage leaves on a small plate and drizzle with a little **olive oil**. \*TIP: This will prevent them from burning later!



### **COOK THE VEGGIES**

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



#### **PAN-FRY THE GNOCCHI**

While the veggies are cooking, heat a **generous drizzle** of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add the **gnocchi (see ingredients** list) in a single layer and fry until golden, **6-8 minutes**. \* TIP: Allow the undersides to become golden before tossing! If the gnocchi doesn't fit in a single layer, fry in batches until golden. Add extra olive oil if the gnocchi sticks to the pan. Season with a **pinch** of **salt** and pepper.



## **MAKE THE SUGO SAUCE**

Add the **tomato paste** to the pan with the veggies and cook, stirring, for 1 minute. Add the diced tomatoes, butter, brown sugar, crumbled vegetable stock (1 cube for 2 people / 2 cubes for 4 people) and a pinch of **pepper**. Stir to combine and simmer until fragrant, 5-7 minutes.



#### **BRING IT ALL TOGETHER**

Preheat the grill to medium-high. Spread the **gnocchi** over a medium baking dish and top with the **sugo sauce**. Sprinkle with the shredded Cheddar cheese and sage leaves. Grill until the cheese is melted and golden, 5-10 minutes. While the gnocchi is grilling, thinly slice the cucumber into half-moons. In a medium bowl, combine the balsamic vinegar and olive oil (2 tsp for 2 people / 1 tbs for 4 people). Add the cucumber and rocket leaves and toss to coat. \*TIP: Toss the salad just before serving to keep the leaves crisp!



#### **SERVE UP**

Divide the cheesy veggie-loaded grilled gnocchi with sugo sauce between bowls. Serve the rocket salad on the side.

# **ENJOY!**

# **INGREDIENTS**

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
carrot	1	2
sage	1 bunch	1 bunch
dried oregano	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
salt*	¼ tsp	½ tsp
gnocchi	¾ packet	1½ packets
tomato paste	1 sachet	2 sachets
diced tomatoes	<b>1 tin</b> (400g)	2 tins (800g)
butter*	30g	60g
brown sugar*	2 tsp	1 tbs
vegetable stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (100g)	2 packets (100g)
cucumber	1	2
balsamic vinegar*	1 tsp	2 tsp
rocket leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	3430kJ (820Cal)	390kJ (93Cal)
Protein (g)	30.6g	3.5g
Fat, total (g)	32.2g	3.7g
- saturated (g)	19.9g	2.3g
Carbohydrate (g)	96.6g	11.0g
- sugars (g)	27.7g	3.2g
Sodium (g)	2330mg	264mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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