



CHEESY VEGGIE-LOADED GRILLED GNOCCHI

with Sugo Sauce & Sage



Make a sugo sauce



Brown Onion



Zucchini



Garlic



Celery



Carrot



Sage



Dried Oregano



Chilli Flakes
(Optional)



Gnocchi



Tomato Paste



Diced Tomatoes



Vegetable Stock



Shredded Cheddar
Cheese



Cucumber



Rocket Leaves



Hands-on: **25-35 mins**

Ready in: **35-45 mins**



Spicy (optional chilli
flakes)

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.

Pantry Staples: Olive Oil, Butter, Brown Sugar,
Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **two large frying pans** • **medium baking dish**



1 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!



2 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**.



3 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**.



4 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**.



5 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!



6 SERVE UP

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

ENJOY!

2|4 PEOPLE 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	1 tin (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	PER 100G
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](https://www.hellofresh.com.au/foodinfo)

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Hello@HelloFresh.com.au

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