



# Cheesy Veggie-Loaded Grilled Gnocchi

with Cucumber & Rocket Salad

Grab your Meal Kit with this symbol



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



Diced Bacon

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

When potato gnocchi is smothered in cheese, then grilled until deliciously golden and oozy, the result is a mouth watering dish that's totally addictive.



**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 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	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 medium packet	1 large packet
cucumber	1	2
balsamic vinegar*	1 tsp	2 tsp
rocket leaves	1 bag (30g)	1 bag (60g)
diced bacon**	1 packet (280g)	2 packets (360g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3129kJ (747Cal)	347kJ (82Cal)
Protein (g)	23.8g	2.6g
Fat, total (g)	29g	3.2g
- saturated (g)	15.4g	1.7g
Carbohydrate (g)	92g	10.2g
- sugars (g)	28.2g	3.1g
Sodium (mg)	2696mg	299mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3510kJ (838Cal)	370kJ (88Cal)
Protein (g)	31.5g	3.3g
Fat, total (g)	35.3g	3.7g
- saturated (g)	17.6g	1.9g
Carbohydrate (g)	92.5g	9.8g
- sugars (g)	28.7g	3g
Sodium (mg)	3121mg	329mg

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](https://hellofresh.com.au/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.com.au/contact](https://hellofresh.com.au/contact)

2021 | CW15



## Get prepped

Finely chop the **brown onion** and **zucchini**. Finely chop the **garlic**. Grate the **celery**. Grate the **carrot**. Pick the **sage** leaves and thinly slice. Place the **sage** leaves on a small plate and drizzle with **olive oil**.

**TIP:** This will prevent the sage from burning later!



## Make the 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 minutes**.



## 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, **6-7 minutes**.

## CUSTOM RECIPE

Before adding the veggies, add the **bacon** to the pan and cook, breaking up with a spoon, until browned, 4-5 minutes.



## Bring it all together

Preheat the grill to medium-high. Transfer the **gnocchi** to a baking dish and top with the **sugo**. 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.



## Cook the gnocchi

While the veggies are cooking, heat enough **olive oil** to coat the base of a second large frying pan over medium-high heat. When the oil is hot, cook the **gnocchi** (see ingredients) in a single layer and fry, tossing occasionally, until golden, **6-8 minutes** (cook in batches if your pan is getting crowded). Add extra olive oil if the gnocchi sticks to the pan. Season to taste.

**TIP:** Allow the undersides to become golden before tossing!



## Serve up

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

## Enjoy!