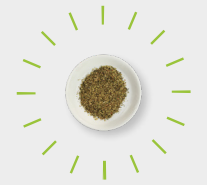




MEDITERRANEAN TOMATO & OREGANO GNOCCHI

with Kalamata Olives & Fetta



Cook with the flavours of the Mediterranean



Brown Onion



Celery



Garlic



Flaked Almonds



Gnocchi



Dried Oregano



Passata



Kalamata Olives



Vegetable Stock



Baby Spinach Leaves



Red Pesto



Fetta

Hands-on: **25-35 mins**
Ready in: **30-40mins**

Bring a taste of the Med to your table tonight with kalamata olives, oregano, sun-dried tomato pesto and fetta coming together in a rich sauce that's a perfect match for the crispy edges and pillowy centres of pan-fried gnocchi.

Pantry Staples: Olive Oil, Brown Sugar

BEFORE YOU START

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

- **large frying pan**



1 GET PREPPED

Finely chop the **brown onion** and **celery**. Finely chop the **garlic** (or use a garlic press).



2 FRY THE GNOCCHI

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and cook until toasted, **2-3 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a **generous drizzle of olive oil**. Once the oil is hot, add the **gnocchi** in a single layer and fry, tossing occasionally, until golden, **8-10 minutes**. **TIP:** If the *gnocchi* doesn't fit in a single layer, fry in batches so it becomes golden! Transfer to a plate lined with paper towel. **TIP:** Add more olive oil if the *gnocchi* sticks to the pan.



3 START THE SAUCE

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **celery** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and **dried oregano** and cook, stirring, until fragrant, **2 minutes**. Add the **passata**, **water**, **kalamata olives**, **brown sugar** and crumble in the **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Simmer until thickened slightly, **2-3 minutes**.



4 WILT THE SPINACH

Stir the **baby spinach leaves** and **red pesto** through the sauce until the spinach has wilted, **2 minutes**.



5 BRING IT ALL TOGETHER

Remove the pan from the heat and add the **gnocchi**. Toss to coat the **gnocchi** in the sauce, then season to taste with **pepper**.



6 SERVE UP

Divide the Mediterranean gnocchi between bowls. Crumble over the **fetta** and sprinkle with the flaked almonds.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
flaked almonds	1 packet	2 packets
gnocchi	1 packet	2 packets
dried oregano	1 sachet	2 sachets
passata	1 box (200g)	2 boxes (200g)
water*	½ cup	¾ cup
kalamata olives	1 packet	2 packets
brown sugar*	2 tsp	1 tbs
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)
red pesto	1 tub (50g)	1 tub (100g)
fetta	1 block (50g)	1 block (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3390kJ (811Cal)	577kJ (138Cal)
Protein (g)	25.0g	4.3g
Fat, total (g)	30.9g	5.3g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	103g	17.6g
- sugars (g)	14.7g	2.5g
Sodium (g)	2690mg	457mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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