



Mexican-Spiced Grilled Gnocchi

with Cheese, Sour Cream & Coriander

Grab your Meal Kit with this symbol



Carrot



Capsicum



Sweetcorn



Garlic



Gnocchi



Mexican Fiesta Spice Blend



Diced Tomatoes With Garlic & Onion



Coriander



Light Sour Cream



Shredded Cheddar Cheese



Smoked Cheddar Cheese

Prep in: **20-30** mins
Ready in: **30-40** mins

You've never had gnocchi like this before! Simmer the pillowy potato pasta with subtly sweet veggies and a Mexican-spiced red sauce, before finishing it in the oven with melty Cheddar. Top with a dollop of cooling sour cream, plus a sprinkle of citrusy coriander, and meet your new go-to comfort food.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter

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

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
garlic	2 cloves	4 cloves
gnocchi	1 packet	2 packets
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
salt*	¼ tsp	½ tsp
brown sugar*	1 tsp	2 tsp
butter*	30g	60g
diced tomatoes with garlic & onion	1 box	2 boxes
shredded Cheddar cheese	1 large packet	2 large packets
light sour cream	1 medium packet	1 large packet
coriander	1 bag	1 bag
smoked Cheddar cheese	1 packet (100g)	2 packets (200g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4314kJ (1031Cal)	526kJ (126Cal)
Protein (g)	34.1g	4.2g
Fat, total (g)	45.8g	5.6g
- saturated (g)	25.8g	3.1g
Carbohydrate (g)	116.6g	14.2g
- sugars (g)	26.9g	3.3g
Sodium (mg)	3396mg	414mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4274kJ (1022Cal)	521kJ (125Cal)
Protein (g)	34.6g	4.2g
Fat, total (g)	44.4g	5.4g
- saturated (g)	24.5g	3g
Carbohydrate (g)	116.5g	14.2g
- sugars (g)	26.9g	3.3g
Sodium (mg)	3363mg	410mg

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!

Scan here if you have any questions or concerns

2022 | CW25



1



Prep the veggies

- Grate **carrot**. Roughly chop **capsicum**.
- Drain **sweetcorn**.
- Finely chop **garlic**.

4



Make it saucy

- Preheat grill to medium-high.
- **SPICY!** You may find the **spice blend** hot. Add less if you're sensitive to heat. Add **Mexican Fiesta spice blend** to the pan. Cook, tossing, until fragrant, **1 minute**.
- Return cooked **veggies** to the pan, then add the **water, salt, brown sugar, butter** and **diced tomatoes with garlic & onion**. Stir to combine, then simmer until slightly thickened, **1-2 minutes**.
- Season to taste.

2



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **capsicum, corn** and **carrot**, tossing, until lightly browned, **3-4 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl.

TIP: Cover the pan with a lid if the corn kernels are 'popping' out.

5



Grill the gnocchi

- Transfer **gnocchi** to a baking dish.
- Sprinkle with **shredded Cheddar cheese**.
- Grill until cheese is melted and golden, **5-10 minutes**.

TIP: Grills cook fast, so keep an eye on the gnocchi!

Custom Recipe: If you've upgraded to smoked Cheddar cheese, grate the cheese. Sprinkle it over the gnocchi in the same way as above.

3



Cook the gnocchi

- Return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- When oil is hot, cook **gnocchi**, tossing occasionally, until golden, **6-8 minutes**.

TIP: Add extra oil if the gnocchi is sticking to the pan!

6



Serve up

- Divide Mexican-spiced grilled gnocchi between bowls.
- Top with **light sour cream**.
- Tear over **coriander** leaves to serve. Enjoy!

Rate your recipe

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