



Veggie-Loaded Grilled Gnocchi

with Pear & Rocket Salad

Grab your Meal Kit with this symbol



Zucchini



Garlic



Sage



Italian Herbs



Soffritto Mix



Chilli Flakes (Optional)



Gnocchi



Tomato Paste



Diced Tomatoes



Vegetable Stock Powder



Shredded Cheddar Cheese



Pear



Rocket Leaves



Diced Bacon

- Hands-on: 25-35 mins
- Ready in: 35-45 mins
- Spicy (optional chilli flakes)

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.

The recent harsh weather conditions have impacted the zucchini grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.



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
zucchini	1	2
garlic	2 cloves	4 cloves
sage	1 bag	1 bag
Italian herbs	1 sachet	2 sachets
soffritto mix	1 medium bag	1 large bag
chilli flakes (optional)	pinch	pinch
salt*	¼ tsp	½ tsp
gnocchi	¾ packet	1½ packets
tomato paste	1 packet	2 packets
diced tomatoes	1 tin	2 tins
butter*	30g	60g
brown sugar*	2 tsp	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 large packet	2 large packets
pear	1	2
balsamic vinegar*	1 tsp	2 tsp
rocket leaves	1 bag (30g)	1 bag (60g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3260kJ (779Cal)	444kJ (106Cal)
Protein (g)	28.1g	3.8g
Fat, total (g)	32.4g	4.4g
- saturated (g)	20.6g	2.8g
Carbohydrate (g)	89.4g	12.2g
- sugars (g)	25.1g	3.4g
Sodium (mg)	2365mg	322mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3741kJ (894Cal)	448kJ (107Cal)
Protein (g)	36.3g	4.3g
Fat, total (g)	43.9g	5.3g
- saturated (g)	23.6g	2.8g
Carbohydrate (g)	83.6g	10g
- sugars (g)	20.7g	10g
Sodium (mg)	2797mg	335mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

Finely chop the **zucchini**. Finely chop the **garlic**. Pick the **sage** leaves and thinly slice. Place the **sage** leaves on a small plate and drizzle with a little **olive oil**.

TIP: Drizzling sage with oil helps prevent it from burning.



Make the sugo

Add the **tomato paste** to the pan with the **veggies** and cook, stirring, for **1 minute**. Add the **diced tomatoes, butter, brown sugar, vegetable stock powder** 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 **zucchini, garlic, Italian herbs, soffritto mix**, a pinch of **chilli flakes** (if using) and the **salt**. Season with **pepper** and cook until softened, **6-7 minutes**.

CUSTOM RECIPE

If you've added diced bacon, before adding the veggies, cook the bacon, breaking up with a spoon, until browned, 4-5 minutes.



Bring it all together

Preheat the grill to medium-high. Spread the **gnocchi** in 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 **pear**. In a medium bowl, combine the **balsamic vinegar** and a drizzle of olive oil. Add the **rocket leaves** and toss to coat.



Cook the gnocchi

While the veggies are cooking, heat enough **olive oil** to coat the base of a separate 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**. Add extra **olive oil** if the gnocchi sticks to the pan. Season with **salt** and **pepper**.

TIP: Allow the undersides to become golden before tossing! If the gnocchi doesn't fit in a single layer, fry in batches until golden.



Serve up

Divide the veggie-loaded baked gnocchi with sugo between bowls. Serve with the pear and rocket salad.

Enjoy!