



# Roast Pumpkin & Creamy Basil Pesto Gnocchi with Baby Spinach

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Garlic



Peeled & Chopped Pumpkin



Gnocchi



Nan's Special Seasoning



Plant-Based Cooking Cream



Vegetable Stock Pot



Plant-Based Basil Pesto



Baby Spinach Leaves



Chilli Flakes (Optional)



Diced Bacon

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



Plant Based\*

\*Custom Recipe is not Plant Based

A warm bowl of gnocchi is good for the soul but this one is levelled up by the roasted pumpkin and creamy basil pesto goodness, swirling through the soft and pillowy pouches of gnocchi. If you're wanting an extra kick, don't forget a sprinkling of chilli flakes!

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

### Pantry items

Olive Oil

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
garlic	2 cloves	4 cloves
peeled & chopped pumpkin	1 small bag	1 medium bag
gnocchi	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
plant-based cooking cream	1 packet	2 packets
vegetable stock pot	1 packet (20g)	2 packets (40g)
<b>water*</b>	½ cup	¾ cup
plant-based basil pesto	2 medium packets	4 medium packets
baby spinach leaves	1 small bag	1 medium bag
chilli flakes (optional)	pinch	pinch
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4002kJ (957Cal)	683kJ (163Cal)
Protein (g)	20g	3.4g
Fat, total (g)	50.5g	8.6g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	102.5g	17.5g
- sugars (g)	12.5g	2.1g
Sodium (mg)	2703mg	461mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4390kJ (1049Cal)	696kJ (166Cal)
Protein (g)	26.9g	4.3g
Fat, total (g)	57.3g	9.1g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	103.3g	16.4g
- sugars (g)	13g	2.1g
Sodium (mg)	3134mg	497mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **tomato** into wedges.
- Finely chop **garlic**.



## Make it saucy

- To pan with the gnocchi, add **Nan's special seasoning** and **garlic** and cook until fragrant, **1 minute**.
- Stir in **plant-based cooking cream**, **vegetable stock pot** and the **water**, until slightly thickened, **2-3 minutes**.
- Stir in **plant-based basil pesto** and **baby spinach leaves**, until wilted and combined, **1 minute**.

**Custom Recipe:** Stir in cooked diced bacon with the plant-based basil pesto and baby spinach leaves.



## Roast the veggies

- Place **peeled & chopped pumpkin** and **tomato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Bring it all together

- Remove pan from heat and gently stir through **roasted veggies**, until combined.
- Season to taste.



## Cook the gnocchi

- When veggies have **10 minutes** remaining, in a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, fry **gnocchi**, tossing occasionally, until golden, **6-8 minutes**.

**TIP:** Add extra oil if the gnocchi sticks to the pan.

**Custom Recipe:** If you've added diced bacon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Set diced bacon aside, wipe out pan and return to medium-high heat. Continue as above.



## Serve up

- Divide creamy pesto pumpkin gnocchi between bowls.
- Top with a pinch of **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

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