



# Mexican-Spiced Grilled Gnocchi & Capsicum

with Pickled Jalapeños & Coriander

WINTER WARMERS

Grab your Meal Kit with this symbol



Carrot



Capsicum



Sweetcorn



Gnocchi



Mexican Fiesta Spice Blend



Garlic Paste



Passata



Shredded Cheddar Cheese



Pickled Jalapeños (Optional)



Coriander



Chicken Breast

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

Eat Me Early\*  
*\*Custom Recipe only*

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 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

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

Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
gnocchi	1 packet	2 packets
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
garlic paste	1 packet	2 packets
<b>water*</b>	½ cup	1 cup
<b>brown sugar*</b>	½ tbs	1 tbs
<b>butter*</b>	30g	60g
passata	1 box	2 boxes
shredded Cheddar cheese	1 large packet	2 large packets
pickled jalapeños (optional)	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3730kJ (891Cal)	534kJ (128Cal)
Protein (g)	28.3g	4g
Fat, total (g)	35.8g	5.1g
- saturated (g)	18.1g	2.6g
Carbohydrate (g)	109.4g	15.7g
- sugars (g)	20.7g	3g
Sodium (mg)	2924mg	418mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4466kJ (1067Cal)	517kJ (124Cal)
Protein (g)	63.2g	7.3g
Fat, total (g)	39.6g	4.6g
- saturated (g)	19.3g	2.2g
Carbohydrate (g)	109.4g	12.7g
- sugars (g)	20.7g	2.4g
Sodium (mg)	3003mg	348mg

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



## Prep the veggies

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

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



## Make it saucy

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

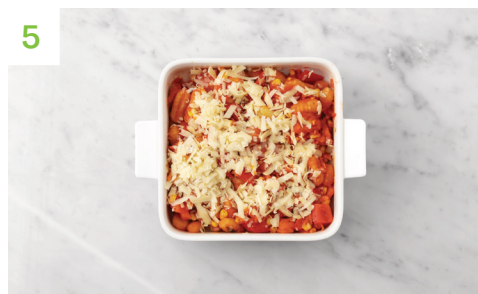


## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **capsicum**, **corn** and **carrot**, tossing, until lightly browned, **4-5 minutes**. Transfer to a bowl.

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

**Custom Recipe:** After cooking the veggies, return frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to bowl with the veggies.



## Grill the gnocchi

- Transfer the **saucy 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!



## 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!



## Serve up

- Divide cheesy Mexican-spiced grilled gnocchi between bowls.
- Top with **pickled jalapeños** (if using).
- Tear over **coriander** leaves to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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