



Roast Pumpkin & Creamy Basil Pesto Gnocchi

with Roasted Tomato & Baby Spinach

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

Looking for a little Rome-ance? This classic combination has stood the test of time. Just wait till you try these little parcels of crispy potato-ey goodness coated with tender pumpkin... It really is a match made in heaven.

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
olive oil*	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	2 medium sachets OR 1 large sachet
plant-based cooking cream	1 medium packet	2 medium packets
vegetable stock pot	1 packet (20g)	2 packets (40g)
water*	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 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**.



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**.



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, before cooking the gnocchi, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook bacon, breaking up with a spoon, until golden, 4-6 minutes. Transfer to a bowl. Wipe out pan and cook gnocchi as above.



Make it saucy

- To the 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: Return cooked diced bacon to the pan with the plant-based basil pesto and baby spinach leaves.



Bring it all together

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



Serve up

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

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