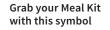


# Cheesy Mexican-Spiced Grilled Gnocchi

with Spring Onions

CLIMATE SUPERSTAR









**Spring Onion** 





Sweetcorn



Gnocchi



Mexican Fiesta

Spice Blend







Cheddar Cheese



(Optional)





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 spring onion and meet your new go-to comfort food.

**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
olive oil*	refer to method	refer to method
carrot	1	2
spring onion	1 stem	2 stems
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
gnocchi	1 packet	2 packets
Mexican Fiesta spice blend 🌶	1 medium sachet	2 medium sachets OR 1 large sachet
garlic paste	1 packet	2 packets
water*	½ cup	1 cup
brown sugar*	½ tbs	1 tbs
butter*	30g	60g
passata	1 box	2 boxes
Cheddar cheese	1 large packet	2 large packets
chilli flakes ∮ (optional)	pinch	pinch
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)	3707kJ (886Cal)	544kJ (130Cal)
Protein (g)	28.3g	4.2g
Fat, total (g)	35.8g	5.3g
- saturated (g)	18.1g	2.7g
Carbohydrate (g)	109.2g	16g
- sugars (g)	21g	3.1g
Sodium (mg)	2723mg	399mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4478kJ (1070Cal)	<b>529kJ</b> (126Cal)
Protein (g)	61g	7.2g
Fat, total (g)	41.7g	4.9g
- saturated (g)	19.9g	2.4g
Carbohydrate (g)	109.2g	12.9g
- sugars (g)	21g	2.5g
Sodium (mg)	2815mg	332mg

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





## Prep the veggies

- Grate carrot.
- Thinly slice spring onion.
- Roughly chop capsicum.
- Drain sweetcorn.

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



## 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, 4-6 minutes. Transfer to a bowl.

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

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over high heat. 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.



## Cook the gnocchi

- Wipe out frying pan, then return 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!



## Make it saucy

- Preheat grill to medium-high.
- SPICY! This spice blend is hot. Add less if you're sensitive to heat. To 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, the brown sugar, the butter and passata. Stir to combine, then simmer until slightly thickened, 1-2 minutes. Season to taste.

**Custom Recipe:** Return cooked chicken to the pan with the veggies.



## Grill the gnocchi

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

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



## Serve up

- Divide cheesy Mexican-spiced grilled gnocchi between bowls.
- Top with chilli flakes (if using) and sprinkle over spring onions to serve. Enjoy!



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