



# Plant-Based Crispy Bac'n Gnocchi

with Napolitana Sauce & Flaked Almonds

Grab your Meal Kit with this symbol



Gnocchi



Plant-Based Bacon Bits



Soffritto Mix



Garlic & Herb Seasoning



Passata



Vegetable Stock Powder



Baby Spinach Leaves



Flaked Almonds



Parsley



Plant-Based Bacon bits

Prep in: **20-30 mins**  
Ready in: **25-35 mins**

**Calorie Smart\***  
*\*Custom Recipe is not Calorie Smart*



Plant-Based

Soft, pillowy pockets of potato and crispy plant-based bacon, team up and take centre-stage when swirled into Napolitana sauce. The only thing missing is a bottle of wine.

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

### Pantry items

Olive Oil, Plant-Based 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
gnocchi	1 packet	2 packets
plant-based bacon bits	1 packet	2 packets
soffritto mix	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
passata	1 box	2 boxes
<b>water*</b>	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
<b>plant-based butter*</b>	10g	20g
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
plant-based bacon bits**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2629kJ (628Cal)	517kJ (124Cal)
Protein (g)	29.6g	5.8g
Fat, total (g)	10.5g	2.1g
- saturated (g)	1.6g	0.3g
Carbohydrate (g)	98.6g	19.4g
- sugars (g)	10g	2g
Sodium (mg)	2897mg	569mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3000kJ (717Cal)	542kJ (130Cal)
Protein (g)	42g	7.6g
Fat, total (g)	13.6g	2.5g
- saturated (g)	1.8g	0.3g
Carbohydrate (g)	100.7g	18.2g
- sugars (g)	10.3g	1.9g
Sodium (mg)	3361mg	607mg

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



1



## Cook the gnocchi

- 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**.
- Transfer to a bowl and set aside.

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

3



## Make it saucy

- To the pan of veggies, add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Stir in **passata**, the **water** and **vegetable stock powder** and simmer until slightly reduced, **1-2 minutes**.
- Return cooked **gnocchi**, along with the **plant-based butter** and **baby spinach leaves**, stirring to combine, **1 minute**.

2



## Cook the plant-based bac'n & veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based bacon bits**, tossing, until browned, **3-4 minutes**. Transfer to a bowl and set aside.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Add **soffritto mix**, stirring occasionally, until softened, **4-5 minutes**.

**Custom Recipe:** If you've doubled your plant-based bacon bits, cook for an extra 2-3 minutes.

4



## Serve up

- Divide plant-based gnocchi between bowls. Sprinkle over plant-based bacon bits and **flaked almonds**.
- Tear over **parsley** to serve. Enjoy!

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