



Cheesy Mexican-Spiced Grilled Gnocchi with Spring Onions

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Spring Onion



Capsicum



Corn Kernels



Gnocchi



Mexican Fiesta Spice Blend



Garlic Paste



Passata



Cheddar Cheese



Chilli Flakes (Optional)



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 spring onion 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
olive oil*	refer to method	refer to method
carrot	1	2
spring onion	1 stem	2 stems
capsicum	1	2
corn kernels	1 small tin	2 small tins
gnocchi	1 packet	2 packets
Mexican Fiesta spice blend	1 medium sachet	2 medium sachets
garlic paste	1 packet	OR 1 large sachet
water*	1/2 cup	2 packets
brown sugar*	1/2 tbs	2 packets
butter*	30g	2 packets
passata	1 box	1 cup
Cheddar cheese	1 large packet	1 tbs
chilli flakes (optional)	pinch	60g
chicken breast**	1 small packet	2 boxes
		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)	4459kJ (1066Cal)	527kJ (126Cal)
Protein (g)	62.3g	7.4g
Fat, total (g)	40.5g	4.8g
- saturated (g)	19.5g	2.3g
Carbohydrate (g)	109.2g	12.9g
- sugars (g)	21g	2.5g
Sodium (mg)	2808mg	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



1 Prep the veggies

- Grate **carrot**.
- Thinly slice **spring onion**.
- Roughly chop **capsicum**.
- Drain **corn kernels**.

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



4 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.



2 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.



5 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!



3 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!



6 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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