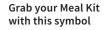


Cheesy Mexican-Spiced Grilled Gnocchi

with Spring Onions

CLIMATE SUPERSTAR









Spring Onion





Corn Kernels





Mexican Fiesta

Spice Blend

Gnocchi







Cheddar Cheese



(Optional)





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

*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

9			
	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 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)	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





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.



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!

