



Nan's One-Pan Creamy Gnocchi

with Spinach & Parmesan Cheese

Grab your Meal Kit with this symbol



Gnocchi



Green Beans



Snacking Tomatoes



Garlic Paste



Nan's Special Seasoning



Baby Spinach Leaves



Light Cooking Cream



Vegetable Stock Powder



Parmesan Cheese



Diced Bacon

Prep in: 15-25 mins
Ready in: 25-35 mins

Soft pillows of gnocchi are the perfect little parcels ready to soak up all the creamy goodness in this recipe. It is so tempting that you might want to eat it straight out of the pan.

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

Pantry items

Olive Oil, 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
olive oil*	refer to method	refer to method
gnocchi	1 packet	2 packets
green beans	1 small bag	1 medium bag
snacking tomatoes	1 punnet	2 punnets
garlic paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
light cooking cream	1 medium packet	1 large packet
water*	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
butter*	30g	60g
Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3319kJ (793Cal)	619kJ (148Cal)
Protein (g)	21.8g	4.1g
Fat, total (g)	36.6g	6.8g
- saturated (g)	19.8g	3.7g
Carbohydrate (g)	92.7g	17.3g
- sugars (g)	6.2g	1.2g
Sodium (mg)	2530mg	472mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3707kJ (886Cal)	638kJ (152Cal)
Protein (g)	28.7g	4.9g
Fat, total (g)	43.4g	7.5g
- saturated (g)	22.3g	3.8g
Carbohydrate (g)	93.5g	16.1g
- sugars (g)	6.8g	1.2g
Sodium (mg)	2960mg	509mg

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!

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1



Fry the gnocchi

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, add **gnocchi** and fry, tossing occasionally, until golden, **6-8 minutes**. Season. Transfer **gnocchi** to a bowl and cover to keep warm.

TIP: Add more olive oil if the gnocchi sticks to the pan.

Custom Recipe: If you've added diced bacon, cook diced bacon before cooking 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 plate. Wipe out pan and cook gnocchi as above.

3



Make the sauce

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **snacking tomatoes**, tossing, until tender, **3-4 minutes**.
- Add **garlic paste** and **Nan's special seasoning** and cook until fragrant, **1 minute**.
- Stir in **baby spinach leaves**, **light cooking cream**, the **water**, **vegetable stock powder** and the **butter**. Cook, stirring, until slightly thickened and wilted, **1-2 minutes**. Season with **pepper**.

Custom Recipe: Return cooked diced bacon to the pan with baby spinach, light cooking cream, vegetable stock powder, the butter and the water.

2



Prep the veggies

- While gnocchi is cooking, trim **green beans** and cut into thirds.
- Halve **snacking tomatoes**.

4



Serve up

- Divide Nan's one-pan creamy gnocchi with veggies between bowls.
- Sprinkle over **Parmesan cheese** to serve. Enjoy!

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