

# 15-Min Nan's Creamy Gnocchi with Spinach & Parmesan Cheese

EXPLORER









**Snacking Tomatoes** 



Trimmed Green



Beans





Nan's Special



**Baby Spinach** 

Seasoning



Light Cooking



Vegetable Stock Powder



Parmesan Cheese





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

**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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
snacking tomatoes	1 punnet	2 punnets		
gnocchi	1 packet	2 packets		
trimmed green beans	1 medium bag	1 large bag		
garlic paste	1 medium packet	2 medium 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		
vegetable stock powder	1 medium sachet	1 large sachet		
butter*	30g	60g		
water*	1/4 cup	½ cup		
Parmesan cheese	1 medium packet	1 large packet		
diced bacon**	1 packet (90g)	1 packet (180g)		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3340kJ (798Cal)	595kJ (142Cal)
Protein (g)	22.2g	4g
Fat, total (g)	36.6g	6.5g
- saturated (g)	19.8g	3.5g
Carbohydrate (g)	93.5g	16.7g
- sugars (g)	6.9g	1.2g
Sodium (mg)	2530mg	451mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3728kJ (891Cal)	615kJ (147Cal)
Protein (g)	29.2g	4.8g
Fat, total (g)	43.4g	7.2g
- saturated (g)	22.3g	3.7g
Carbohydrate (g)	94.3g	15.6g
- sugars (g)	7.4g	1.2g
Sodium (mg)	2960mg	488mg

The quantities provided above are averages only.

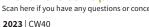
# Allergens

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





# Get readu

• Halve snacking tomatoes.



### Make the sauce

- To pan, add another drizzle of olive oil, garlic paste and Nan's special seasoning. Cook, tossing, until fragrant, 1 minute.
- Add baby spinach leaves, light cooking cream, vegetable stock powder, the **butter** and the **water**. Cook, stirring, until slightly thickened and wilted, 1-2 minutes.



# Fry the gnocchi

- In a large frying pan, heat a generous drizzle of olive oil over medium-high heat. When the oil is hot, add **gnocchi** and fry, tossing occasionally, until golden, 6-8 minutes. Season.
- Add trimmed green beans to the pan with gnocchi, and cook, tossing, until tender, 3-4 minutes.

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

TIP: If your pan is getting crowded, cook in batches for the best results!

**Custom Recipe:** If you've added diced bacon, add to the pan with the green beans, breaking up with a spoon, until golden, 3-4 minutes.



## Serve up

- Divide 15-min Nan's creamy tomato gnocchi with spinach between bowls.
- Sprinkle over **Parmesan cheese**. Season with **pepper** to serve. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

