



15-Min Nan's Creamy Gnocchi

with Spinach & Parmesan Cheese

EXPLORER

Grab your Meal Kit with this symbol



Snacking Tomatoes



Gnocchi



Trimmed Green Beans



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: 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.

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
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*	¼ cup	½ cup
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)	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 ready

- 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!

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