



Baked Pumpkin & Cheesy Gnocchi

with Rocket & Almond Salad

MEAT-FREE MARVELS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Gnocchi



Garlic



Parsley



Rocket Leaves



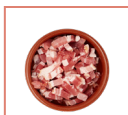
Light Cooking Cream



Cheddar Cheese



Flaked Almonds



Diced Bacon

Recipe Update

Unfortunately, this week's Parmesan cheese was in short supply, so we've replaced it with Cheddar cheese. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins
Ready in: 30-40 mins

Celebrate World Vegetarian Month and find your balance with our Meat-Free Marvels. Picture golden bundles of gnocchi smothered in a cheesy creamy sauce with sweet roasted veggies. Now, if that hasn't got your mouth watering, just wait until you tuck into the real thing.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Oven tray lined with baking paper · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
peeled & chopped pumpkin	1 small bag	1 medium bag
garlic & herb seasoning	1 sachet	2 sachets
gnocchi	1 packet	2 packets
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
vinegar* (white wine or balsamic)	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag
light cooking cream	1 medium packet	1 large packet
Cheddar cheese	1 large packet	2 large packets
flaked almonds	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)	3510kJ (839Cal)	585kJ (140Cal)
Protein (g)	29.8g	5g
Fat, total (g)	35.9g	6g
- saturated (g)	15.3g	2.5g
Carbohydrate (g)	97.5g	16.2g
- sugars (g)	10.7g	1.8g
Sodium (mg)	2079mg	346mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3898kJ (932Cal)	604kJ (144Cal)
Protein (g)	36.8g	5.7g
Fat, total (g)	42.6g	6.6g
- saturated (g)	17.8g	2.8g
Carbohydrate (g)	98.3g	15.2g
- sugars (g)	11.2g	1.7g
Sodium (mg)	2510mg	389mg

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



Bake the veggies & gnocchi

- Preheat oven to **240°C/220°C fan-forced**.
- Thickly slice **zucchini** into half-moons. Place **zucchini** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **garlic & herb seasoning** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.
- Place **gnocchi** in a baking dish. Drizzle with some **olive oil** (2 tbs for 2 people / ¼ cup for 4 people). Season, toss to coat and spread out evenly. Bake until golden, **15-18 minutes**.

3



Finish the gnocchi

- Remove **gnocchi** from oven and add **garlic** and **light cooking cream**, stirring to combine. Sprinkle over **Cheddar cheese**.
- Return to oven and cook until slightly thickened, **4-6 minutes**.
- Gently stir **roasted veggies** through the **gnocchi**. Season to taste.
- Meanwhile, toss the salad, then top with **flaked almonds**.

Custom Recipe: If you've added diced bacon, add bacon to the baking dish with the garlic. Break the bacon up to ensure even cooking.

2



Get prepped

- While veggies and gnocchi are baking, finely chop **garlic**. Roughly chop **parsley**.
- In a medium bowl, combine a drizzle of **olive oil** and the **vinegar**. Season, then top with **rocket leaves**.

TIP: Toss the salad just before serving to keep the leaves crisp!

4



Serve up

- Divide baked pumpkin and cheesy gnocchi between bowls.
- Sprinkle with parsley and serve with rocket and almond salad. Enjoy!

Rate your recipe

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