

Creamy Baked Pumpkin & Cheesy Gnocchi

with Spinach, Rocket & Almond Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Gnocchi



Garlic



Parsley



Spinach & Rocket Mix



Thickened Cream



Cheddar Cheese



Flaked Almonds



Diced Bacon

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

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
spinach & rocket mix	1 small bag	1 medium bag
thickened cream	1 medium packet	2 medium packets
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**.
- Meanwhile, 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 **thickened cream**, stirring to combine.
- Return to oven and cook until slightly thickened, **4-6 minutes**.
- Gently stir **roasted veggies** and half the **Cheddar cheese** through the gnocchi. Season to taste.

Custom Recipe: If you've added diced bacon, add bacon to the baking dish with the garlic (breaking up bacon with your hands).

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Roughly chop **parsley**.
- In a medium bowl, combine a drizzle of **olive oil** and the **vinegar**. Season, then top with **spinach & rocket mix**.

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

4



Serve up

- Toss the salad, then top with **flaked almonds**.
- Divide creamy pumpkin and cheesy gnocchi between bowls. Sprinkle with parsley and remaining Cheddar.
- Serve with spinach, rocket and almond salad. Enjoy!

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