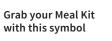


CLIMATE SUPERSTAR











Pumpkin



Seasoning











Spinach & Rocket





Cheddar Cheese



Flaked Almonds





**Pantry items** 

Balsamic)

Olive Oil, Vinegar (White Wine or

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

Picture golden bundles of gnocchi smothered in a cheesy creamy sauce with sweet roasted veggiesl. Now, if that hasn't got your mouth watering, just wait until you tuck into the real thing.

# 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

# **Ingredients**

in ign concrito				
	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)		

<sup>\*</sup>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)	<b>604kJ</b> (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

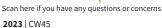
The quantities provided above are averages only.

### 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!





# 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 / 1/4 cup for 4 people). Season, toss to coat and spread out evenly.
- Bake until golden, 15-18 minutes.



# 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!



## 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).



## 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!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

