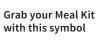


CLIMATE SUPERSTAR











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)		

^{*}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

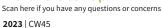
The quantities provided above are averages only.

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!





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

