



One-Pot Nan's Creamy Gnocchi

with Veggies & Parmesan Cheese

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Snacking Tomatoes



Gnocchi



Trimmed Green Beans



Garlic Paste



Nan's Special Seasoning



Light Cooking Cream



Vegetable Stock Powder



Baby Spinach Leaves



Parmesan Cheese



Parmesan Cheese

Prep in: 10-20 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 saucepan

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 bag	1 bag
garlic paste	1 medium packet	2 medium packets
Nan's special seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	30g	60g
baby spinach leaves	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3145kJ (752Cal)	590kJ (141Cal)
Protein (g)	18.8g	3.5g
Fat, total (g)	36.8g	6.9g
- saturated (g)	20g	3.8g
Carbohydrate (g)	84.6g	15.9g
- sugars (g)	7.1g	1.3g
Sodium (mg)	1897mg	356mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3353kJ (801Cal)	614kJ (147Cal)
Protein (g)	22.9g	4.2g
Fat, total (g)	40.4g	7.4g
- saturated (g)	22.7g	4.2g
Carbohydrate (g)	84.9g	15.5g
- sugars (g)	7.1g	1.3g
Sodium (mg)	2030mg	372mg

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



Get prepped

- Boil the kettle.
- Halve **snacking tomatoes**.

3



Cook the veggies & bring it all together

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **trimmed green beans**, tossing, until tender, **3-4 minutes**.
- Add **garlic paste**, **Nan's special seasoning** and **snacking tomatoes** and cook, tossing, until fragrant, **1 minute**.
- Stir in **light cooking cream**, **vegetable stock powder**, the **butter** and reserved **pasta water**, cook until slightly thickened, **1-2 minutes**.
- Remove from heat then stir through cooked **gnocchi** and **baby spinach leaves**, until wilted and combined. Season to taste.

2



Cook the gnocchi

- Half-fill a large saucepan with the boiling water and add a generous pinch of **salt**. Cook **gnocchi** over high-heat, until floating on the surface, **2-4 minutes**.
- Reserve **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **gnocchi** and transfer to a bowl with a drizzle of **olive oil**.

4



Serve up

- Divide one-pot creamy gnocchi between bowls.
- Sprinkle over **Parmesan cheese** to serve. Enjoy!

Custom Recipe: If you've doubled your Parmesan cheese, sprinkle extra cheese over the gnocchi to serve.

Rate your recipe

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