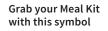


One-Pot Nan's Creamy Gnocchi

with Veggies & Parmesan Cheese

EXPLORER

CLIMATE SUPERSTAR









Snacking Tomatoes



Trimmed Green



Garlic Paste

Beans



Nan's Special



Seasoning



Vegetable Stock



Baby Spinach

Leaves

Powder



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.

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

9				
	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





Get prepped

- · Boil the kettle.
- Halve snacking tomatoes.



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.



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.



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.