



# Nan's One-Pan Creamy Gnocchi

with Spinach & Parmesan Cheese

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Gnocchi



Green Beans



Snacking Tomatoes



Garlic Paste



Nan's Special Seasoning



Baby Spinach Leaves



Thickened Cream



Vegetable Stock Powder



Parmesan Cheese



Diced Bacon

Prep in: 15-25 mins  
Ready in: 25-35 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 frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
gnocchi	1 packet	2 packets
green beans	1 small bag	1 medium bag
snacking tomatoes	1 punnet	2 punnets
garlic paste	1 medium packet	2 medium packets
Nan's special seasoning	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
thickened cream	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
<b>butter*</b>	30g	60g
Parmesan cheese	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)	3124kJ (747Cal)	609kJ (146Cal)
Protein (g)	18.3g	3.6g
Fat, total (g)	36.8g	7.2g
- saturated (g)	20g	3.9g
Carbohydrate (g)	83.8g	16.3g
- sugars (g)	6.6g	1.3g
Sodium (mg)	1897mg	370mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3512kJ (839Cal)	629kJ (150Cal)
Protein (g)	25.2g	4.5g
Fat, total (g)	43.5g	7.8g
- saturated (g)	22.5g	4g
Carbohydrate (g)	84.6g	15.2g
- sugars (g)	7.1g	1.3g
Sodium (mg)	2328mg	417mg

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](https://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



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## Fry the gnocchi

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, add **gnocchi** and fry, tossing occasionally, until golden, **6-8 minutes**. Season. Transfer **gnocchi** to a bowl and cover to keep warm.

**TIP:** Add more olive oil if the gnocchi sticks to the pan.

**Custom Recipe:** If you've added diced bacon, cook bacon before cooking gnocchi. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook bacon, breaking up with a spoon, until golden, 4-6 minutes. Transfer to a plate. Wipe out pan and cook gnocchi as above.

3



## Make the sauce

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **snacking tomatoes**, tossing, until tender, **3-4 minutes**.
- Add **garlic paste** and **Nan's special seasoning** and cook until fragrant, **1 minute**.
- Stir in **baby spinach leaves**, **gnocchi**, **thickened cream**, the **water**, **vegetable stock powder** and **butter**. Cook, stirring, until slightly thickened and wilted, **1-2 minutes**. Season with **pepper**.

**Custom Recipe:** Return cooked diced bacon to the pan with baby spinach, thickened cream, vegetable stock powder, the butter and water.

2



## Prep the veggies

- While gnocchi is cooking, trim **green beans** and cut into thirds.
- Halve **snacking tomatoes**.

4



## Serve up

- Divide Nan's one-pan creamy gnocchi with veggies between bowls.
- Sprinkle over **Parmesan cheese** to serve. Enjoy!

**Custom Recipe:** Divide Nan's one-pan creamy bacon gnocchi with veggies between bowls.

## Rate your recipe

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