

Nan's One-Pan Creamy Gnocchi

with Spinach & Parmesan Cheese

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol









Green Beans



Snacking Tomatoes



Garlic Paste



Nan's Special



Baby Spinach

Seasoning



Thickened Cream

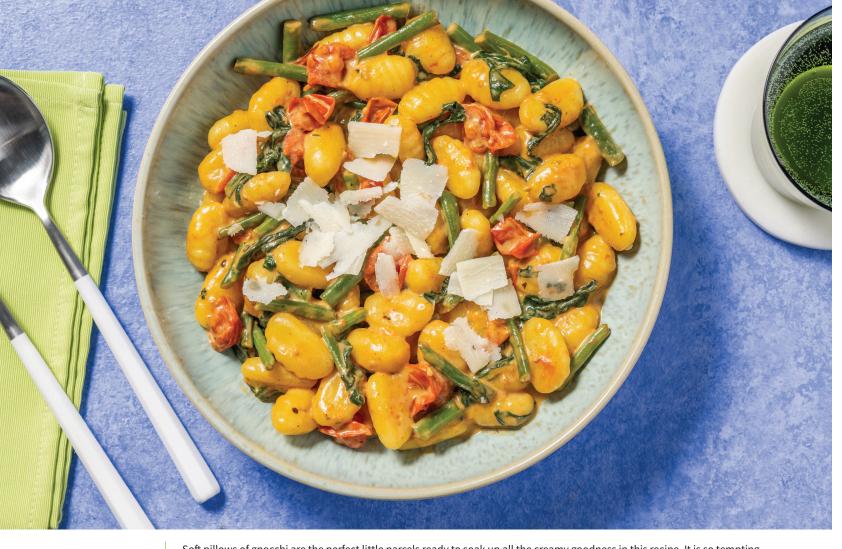


Vegetable Stock Powder



Parmesan Cheese





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
refer to method	refer to method
1 packet	2 packets
1 small bag	1 medium bag
1 punnet	2 punnets
1 medium packet	2 medium packets
1 medium sachet	1 large sachet
1 medium bag	1 large bag
1 packet	2 packets
1/4 cup	½ cup
1 medium sachet	1 large sachet
30g	60g
1 medium packet	1 large packet
1 packet (90g)	1 packet (180g)
	refer to method 1 packet 1 small bag 1 punnet 1 medium packet 1 medium sachet 1 medium bag 1 packet 1/4 cup 1 medium sachet 30g 1 medium packet 1 packet

^{*}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 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



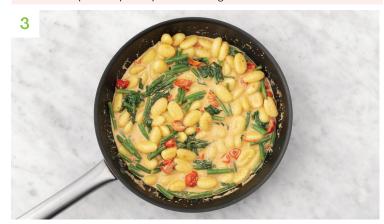


Fry the gnocchi

- 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.



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.



Prep the veggies

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



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.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate