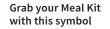


# Nan's One-Pan Creamy Gnocchi

with Spinach & Parmesan Cheese

CLIMATE SUPERSTAR













**Snacking Tomatoes** 



Garlic Paste



Nan's Special **Baby Spinach** Seasoning



Light Cooking



Vegetable Stock



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.

**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

| migr careries             |                 |                                       |  |  |
|---------------------------|-----------------|---------------------------------------|--|--|
|                           | 2 People        | 4 People                              |  |  |
| olive oil*                | refer to method | refer to method                       |  |  |
| gnocchi                   | 1 medium packet | 2 medium packets                      |  |  |
| green beans               | 1 small packet  | 1 medium packet                       |  |  |
| snacking<br>tomatoes      | 1 medium packet | 2 medium packets                      |  |  |
| garlic paste              | 1 medium packet | 2 medium packets                      |  |  |
| Nan's special seasoning   | 1 medium sachet | 1 large sachet                        |  |  |
| baby spinach<br>leaves    | 1 medium packet | 1 large packet                        |  |  |
| light cooking cream       | 1 medium packet | 1 large packet                        |  |  |
| water*                    | 1/4 cup         | ½ cup                                 |  |  |
| vegetable stock<br>powder | 1 medium sachet | 1 large sachet                        |  |  |
| butter*                   | 30g             | 60g                                   |  |  |
| Parmesan cheese           | 1 medium packet | 1 large packet                        |  |  |
| chicken breast**          | 1 medium packet | 2 medium packets<br>OR 1 large packet |  |  |
|                           |                 |                                       |  |  |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

| Avg Qty           | Per Serving     | Per 100g              |
|-------------------|-----------------|-----------------------|
| Energy (kJ)       | 3105kJ (742Cal) | <b>607kJ</b> (145Cal) |
| Protein (g)       | 18.2g           | 3.6g                  |
| Fat, total (g)    | 36.7g           | 7.2g                  |
| - saturated (g)   | 20g             | 3.9g                  |
| Carbohydrate (g)  | 83g             | 16.2g                 |
| - sugars (g)      | 6.2g            | 1.2g                  |
| Sodium (mg)       | 1787mg          | 349mg                 |
| Dietary Fibre (g) | 6.6g            | 1.3g                  |
|                   |                 |                       |

#### **Custom Recipe**

| Avg Qty          | Per Serving            | Per 100g              |
|------------------|------------------------|-----------------------|
| Energy (kJ)      | <b>3821kJ</b> (913Cal) | <b>565kJ</b> (135Cal) |
| Protein (g)      | 54.8g                  | 8.1g                  |
| Fat, total (g)   | 39.2g                  | 5.8g                  |
| - saturated (g)  | 20.8g                  | 3.1g                  |
| Carbohydrate (g) | 83.1g                  | 12.3g                 |
| - sugars (g)     | 6.2g                   | 0.9g                  |
| Sodium (mg)      | 1857mg                 | 275mg                 |
| Dietary Fibre    | 6.8g                   | 1g                    |

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.



#### 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, light cooking cream, the water, vegetable stock powder and butter. Cook, stirring, until slightly thickened and wilted, 1-2 minutes. Season with pepper.

**Custom Recipe:** Before cooking the green beans, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until browned and cooked through (when no longer pink inside), 3-6 minutes each side. Transfer to a plate. Continue as above.



# Prep the veggies

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

**Custom Recipe:** If you've added chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



#### Serve up

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

**Custom Recipe:** Slice chicken. Divide Nan's one-pan creamy gnocchi with veggies between bowls. Top with chicken to serve.

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate