



Nan's One-Pan Creamy Gnocchi

with Spinach & Parmesan Cheese

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Gnocchi



Green Beans



Snacking Tomatoes



Garlic Paste



Nan's Special Seasoning



Baby Spinach Leaves



Light Cooking Cream



Vegetable Stock Powder



Parmesan Cheese



Chicken Breast

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

Eat Me Early*
**Custom Recipe only*

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
olive oil*	refer to method	refer to method
gnocchi	1 medium packet	2 medium packets
green beans	1 small packet	1 medium packet
snacking 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 leaves	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
water*	¼ cup	½ cup
vegetable stock 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 OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3105kJ (742Cal)	607kJ (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)	3821kJ (913Cal)	565kJ (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 (g)	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



1



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.

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**, **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.

2



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.

4



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.

Rate your recipe

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