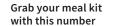


Homestyle One-Pan Creamy Gnocchi with Spinach & Parmesan Cheese

CLIMATE SUPERSTAR











Green Beans



Snacking Tomatoes



Garlic Paste





Savoury Seasoning





Light Cooking



Parmesan Cheese



Chilli Flakes (Optional)





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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 packet	2 packets
	savoury seasoning	1 sachet	2 sachets
	baby spinach leaves	1 medium packet	1 large packet
	light cooking cream	1 medium packet	1 large packet
	water*	1/4 cup	½ cup
	butter*	30g	60g
	Parmesan cheese	1 medium packet	1 large packet
	chilli flakes ∮ (optional)	pinch	pinch

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
•	605kJ (145Cal)
, ,	3.6g
U	7.2g
U	3.9g
U	16.1g
U	U
Ü	1.1g
U	289mg
6.4g	1.3g
	Per Serving 3084kJ (737Cal) 18.1g 36.7g 20.1g 82.2g 5.8g 1474mg 6.4g

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.



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.



Prep the veggies

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



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 savoury seasoning and cook until fragrant, 1 minute.
- Stir in baby spinach leaves, gnocchi, light cooking cream, the water and butter. Cook, stirring, until slightly thickened and wilted, 3-4 minutes. Season to taste.



Serve up

- Divide homestyle one-pan creamy gnocchi with veggies between bowls.
- Sprinkle over **Parmesan cheese** and a pinch of **chilli flakes** (if using) to serve. Enjoy!



ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

ADD CHICKEN BREAST

Thinly slice chicken breast into strips. Before cooking sauce, cook chicken breast, 4-6 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

