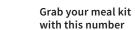


Homestyle One-Pan Creamy Gnocchi with Green Beans & Parmesan Cheese

CLIMATE SUPERSTAR









Green Beans



Snacking Tomatoes









Savoury Seasoning

Baby Spinach



Light Cooking



Parmesan Cheese



Chilli Flakes (Optional)







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 packet | 2 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

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3084kJ (737Cal) | 605kJ (145Cal) |
| Protein (g) | 18.1g | 3.6g |
| Fat, total (g) | 36.7g | 7.2g |
| - saturated (g) | 20.1g | 3.9g |
| Carbohydrate (g) | 82.2g | 16.1g |
| - sugars (g) | 5.8g | 1.1g |
| Sodium (mg) | 1474mg | 289mg |
| Dietary Fibre (g) | 6.4g | 1.3g |
| | | |

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.



Cook 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 cook, 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, cooked 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!





CUSTOM

OPTIONS

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 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.

