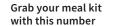


# Homestyle One-Pan Creamy Gnocchi with Green Beans & Parmesan Cheese

**CLIMATE SUPERSTAR** 









Green Beans



**Snacking Tomatoes** 

Garlic Paste





Savoury Seasoning

**Baby Spinach** 





**Light Cooking** 

Parmesan Cheese

(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 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

<sup>\*</sup>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.



# 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 is sticking to the pan.



# Prep the veggies

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



#### Make the sauce

**CUSTOM** 

**OPTIONS** 

- 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!





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



Thinly slice into strips. Before cooking sauce, cook chicken, 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.

