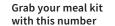


# Easy One-Pan Creamy Veggie Gnocchi with Spinach & Parmesan Cheese

CLIMATE SUPERSTAR











Green Beans





Garlic Paste

**Snacking Tomatoes** 



Savoury Seasoning



**Baby Spinach** 



Thickened Cream



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 packet	2 packets
garlic paste	1 packet	2 packets
savoury seasoning	1 sachet	2 sachets
baby spinach leaves	1 medium packet	1 large packet
thickened cream	1 packet	2 packets
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)	3077kJ (735cal)	306kJ (73cal)
Protein (g)	17.3g	1.7g
Fat, total (g)	36.8g	3.7g
- saturated (g)	20.2g	2g
Carbohydrate (g)	81.9g	8.1g
- sugars (g)	5.6g	0.6g
Sodium (mg)	1437mg	142.9mg
Dietary Fibre (g)	6.6g	0.7g

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 with salt and pepper.
- 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, thickened cream, the water and butter. Cook, stirring, until slightly thickened and wilted, 3-4 minutes.
   Season to taste.



## Serve up

- Divide one-pan creamy veggie gnocchi 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

with recipe.

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

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

