



Easy One-Pan Creamy Veggie Gnocchi

with Spinach & Parmesan Cheese

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Gnocchi



Green Beans



Snacking Tomatoes



Garlic Paste



Savoury Seasoning



Baby Spinach Leaves



Thickened Cream



Parmesan Cheese



Chilli Flakes (Optional)



Diced Bacon



Chicken Breast

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

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.

Pantry items

Olive Oil, Butter

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*	¼ 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)	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.

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 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.

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 **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.

2



Prep the veggies

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

4



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!

We're here to help!

Scan here if you have any questions or concerns

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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.

