



# Easy Tomato & Red Pesto Gnocchi

with Semi-Dried Tomatoes, Fetta & Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Gnocchi



Kale



Garlic & Herb Seasoning



Passata



Vegetable Stock Powder



Flaked Almonds



Semi-Dried Tomatoes



Soffritto Mix



Garlic Paste



Red Pesto



Fetta Cubes



Chicken Breast

Prep in: 15-25 mins  
Ready in: 30-40 mins

Eat Me Early\*  
*\*Custom Recipe only*

Bring the Italian restaurant vibes to the table with this delightful pasta dish. Whip up a rich herbed tomato sauce for the fusilli, top with creamy fetta and dinner is done!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large baking dish · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
gnocchi	1 packet	2 packets
semi-dried tomatoes	1 packet	2 packets
kale	1 medium bag	1 large bag
soffritto mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
passata	1 box	2 boxes
<b>water*</b>	½ cup	¾ cup
<b>brown sugar*</b>	½ tbs	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
red pesto	1 packet (50g)	1 packet (100g)
<b>butter*</b>	20g	40g
fetta cubes	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3848kJ (920Cal)	666kJ (159Cal)
Protein (g)	21.8g	3.8g
Fat, total (g)	43.5g	7.5g
- saturated (g)	10.7g	1.9g
Carbohydrate (g)	106.9g	18.5g
- sugars (g)	15.9g	2.8g
Sodium (mg)	2802mg	485mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4609kJ (1102Cal)	621kJ (148Cal)
Protein (g)	55g	7.4g
Fat, total (g)	48.8g	6.6g
- saturated (g)	12.3g	1.7g
Carbohydrate (g)	106.9g	14.4g
- sugars (g)	15.9g	2.1g
Sodium (mg)	2890mg	389mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns  
2022 | CW46



1



## Bake the gnocchi

- Preheat oven to **240°C/220°C fan-forced**.
- Place **gnocchi** in a baking dish. Drizzle with **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people). Season, toss to coat and spread out evenly.
- Bake until golden, **15-18 minutes**.

**Custom Recipe:** Cut the chicken into bite-sized chunks.

3



## Make the sauce

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Add **garlic paste** and **garlic & herb seasoning** and cook, stirring, until fragrant, **1-2 minutes**.
- Stir in **passata**, the **water**, the **brown sugar** and **vegetable stock powder**. Simmer until thickened slightly, **1-2 minutes**. Add **semi-dried tomatoes**, **kale** and **red pesto** and cook, stirring, until kale is wilted, **1-2 minutes**. Remove from heat. Stir through the **butter** and **gnocchi**.

**Custom Recipe:** Before cooking the soffritto, heat a drizzle of olive oil in the frying pan over high heat. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl, then continue as above. Stir chicken through with the butter and gnocchi.

2



## Get prepped

- Roughly chop **semi-dried tomatoes**.
- Roughly tear **kale** leaves, then discard stems.

4



## Serve up

- Season the tomato and red pesto gnocchi to taste, then divide between bowls. Crumble over **fetta cubes**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)