



One-Pot Creamy Bacon & Gnocchi Soup

with Baby Spinach & Chilli Flakes

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Gnocchi



Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Baby Spinach Leaves



Chilli Flakes (Optional)



Carrot & Zucchini Mix



Diced Bacon



Vegetable Stock Pot



Light Cooking Cream



Diced Bacon

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

The only way to describe these bundles of delights is soft, pillowy and tasty! Potato gnocchi are the perfect little pockets to soak up the creamy bacon and tomato sauce that you'll be making tonight. This one is super quicky and easy to make!

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

Pantry items

Olive Oil, Brown Sugar

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 saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
gnocchi	1 packet	2 packets
carrot & zucchini mix	1 medium packet	1 large packet
diced bacon	1 packet (90g)	1 packet (180g)
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
vegetable stock pot	1 packet (20g)	2 packets (40g)
water*	2 cups	4 cups
brown sugar*	½ tbs	1 tbs
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
chilli flakes (optional)	pinch	pinch
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3257kJ (778Cal)	418kJ (100Cal)
Protein (g)	28.3g	3.6g
Fat, total (g)	22.9g	2.9g
- saturated (g)	11g	1.4g
Carbohydrate (g)	111.1g	14.3g
- sugars (g)	21.4g	2.7g
Sodium (mg)	3748mg	481mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3646kJ (871Cal)	442kJ (106Cal)
Protein (g)	35g	4.2g
Fat, total (g)	29.8g	3.6g
- saturated (g)	13.6g	1.6g
Carbohydrate (g)	112g	13.6g
- sugars (g)	21.9g	2.7g
Sodium (mg)	4180mg	507mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the gnocchi

- In a large saucepan, heat a generous drizzle of **olive oil** over medium-high heat.
- When the oil is hot, cook **gnocchi**, tossing occasionally, until golden, **6-8 minutes**. Transfer to a bowl.

TIP: Add extra oil if the gnocchi sticks to the pan.

3



Make the soup

- To saucepan, add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Stir in **diced tomatoes with garlic & onion**, **vegetable stock pot**, the **water** and the **brown sugar** and bring to the boil.
- Reduce to a simmer and cook until slightly reduced, **2-3 minutes**.
- Stir in **gnocchi**, **light cooking cream** and **baby spinach leaves**, until combined and wilted, **1-2 minutes**. Season with **pepper**.

2



Cook the veggies and bacon

- Return saucepan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot & zucchini mix** and **diced bacon**, tossing and breaking up **bacon** with a spoon, until tender and golden, **7-8 minutes**.

Custom Recipe: If you've doubled your bacon, cook for an extra 2-3 minutes.

4



Serve up

- Divide creamy bacon and tomato gnocchi soup between bowls.
- Top with a pinch of **chilli flakes** (if using). Enjoy!

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