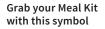


One-Pot Creamy Bacon & Gnocchi Soup

with Baby Spinach & Chilli Flakes

NEW

CLIMATE SUPERSTAR











Diced Tomatoes With Garlic & Onion



Chilli Flakes (Optional)







Light Cooking Cream



Seasoning



Baby Spinach

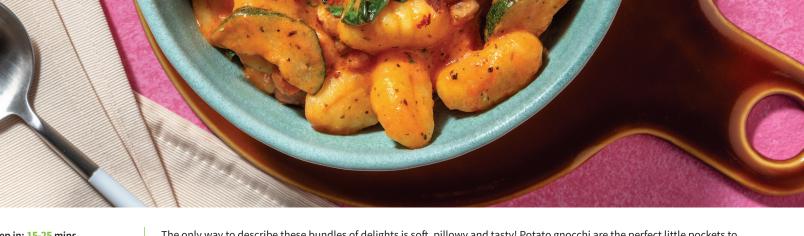


Carrot & Zucchini



Vegetable Stock Pot





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!

Pantry items

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

9		
	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		

Ouston recoipe		
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





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.



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.



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**.



Serve up

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate