

Plant-Based Creamy Tomato & Pesto Gnocchi

with Garlic Pangrattato & Balsamic Salad

Grab your Meal Kit with this symbol



Garlic



Celery



Tomato



Panko Breadcrumbs



Gnocchi



Tomato Paste



Garlic & Herb Seasoning



Plant-Based Cooking Cream



Vegetable Stock Powder



Baby Spinach Leaves



Plant-Based Basil Pesto



Mixed Salad Leaves

Prep in: 20-30 mins
Ready in: 25-35 mins

 Plant Based

Soft pillowy bundles of potato gnocchi, smothered in a rich and creamy plant-based tomato sauce, then sprinkled with a crispy, savoury pangrattato. Now, if that hasn't got your mouth watering, wait until you pile this mountain of goodness onto your plate.

Pantry items

Olive Oil, Balsamic Vinegar

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
celery	1 stalk	2 stalks
tomato	1	2
panko breadcrumbs	½ medium packet	1 medium packet
gnocchi	1 packet	2 packets
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
plant-based cooking cream	½ medium packet	1 medium packet
vegetable stock powder	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
plant-based basil pesto	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3332kJ (796Cal)	668kJ (160Cal)
Protein (g)	19.2g	3.8g
Fat, total (g)	30.7g	6.2g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	106.4g	21.3g
- sugars (g)	8.5g	1.7g
Sodium (mg)	2562mg	513mg

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.



Get prepped

- Finely chop **garlic**. Thinly slice **celery**. Roughly chop **tomato**.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and season with **salt** and **pepper**.



Bring it all together

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **celery** until softened, **2-3 minutes**. Add **tomato paste**, **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**. Add **plant-based cooking cream** (see ingredients), **vegetable stock powder** and the **water** and cook, stirring, until thickened slightly, **1 minute**.
- Remove from heat. Stir through **baby spinach leaves**, **plant-based basil pesto** and cooked **gnocchi**. Season with **pepper**.



Cook the gnocchi

- Return frying pan to medium-high heat with a generous drizzle of **olive oil**. When oil is hot, cook **gnocchi**, tossing occasionally, until golden, **6-8 minutes**. Transfer to a bowl.

TIP: Add extra oil if the gnocchi is sticking to the pan.



Serve up

- In a large bowl, combine **mixed salad leaves**, tomato and a drizzle of **balsamic vinegar** and olive oil. Season to taste.
- Divide plant-based creamy tomato and pesto gnocchi between bowls. Sprinkle with garlic pangrattato. Serve with balsamic salad.

Enjoy!