



Cheesy Veggie-Loaded Grilled Gnocchi

with Sugo Sauce & Rocket-Pear Salad

Grab your Meal Kit
with this symbol



Brown Onion



Capsicum



Garlic



Carrot



Dried Oregano



Chilli Flakes
(Optional)



Gnocchi



Tomato Paste



Chopped Tomatoes



Vegetable
Stock Powder



Shredded Cheddar
Cheese



Cucumber



Pear



Rocket Leaves



Hands-on: **25-35 mins**



Ready in: **35-45 mins**



Spicy (optional
chilli flakes)

Soft pillowy bundles of potato gnocchi, smothered in cheese and baked until deliciously golden and oozy. Now, if that hasn't got your mouth watering, wait until you pull this dish of bubbling goodness from your oven.

Pantry items

Olive Oil, Butter, Brown Sugar,
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

Two large frying pans · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
capsicum	1	2
garlic	2 cloves	4 cloves
carrot	1	2
dried oregano	1 sachet	1 sachet
chilli flakes (optional)	pinch	pinch
salt*	¼ tsp	½ tsp
gnocchi	¾ packet	1½ packets
tomato paste	1 packet	2 packets
chopped tomatoes	1 tin	2 tins
butter*	30g	60g
brown sugar*	2 tsp	4 tsp
vegetable stock powder	1 sachet	1 sachet
shredded Cheddar cheese (100g)	1 packet	2 packets (200g)
cucumber	1 (medium)	1 (large)
pear	½	1
balsamic vinegar*	1 tsp	2 tsp
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3410kJ (815Cal)	413kJ (99Cal)
Protein (g)	29.8g	3.6g
Fat, total (g)	31.6g	3.8g
- saturated (g)	19.5g	2.4g
Carbohydrate (g)	97.5g	11.8g
- sugars (g)	30.2g	3.7g
Sodium (mg)	2730mg	331mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Finely chop the **brown onion**. Thinly slice the **capsicum**. Finely chop the **garlic**. Grate the **carrot** (unpeeled).



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **onion, capsicum, garlic, carrot, dried oregano**, a pinch of **chilli flakes** (if using) and the **salt**. Season with **pepper** and cook until softened and fragrant, **5-6 minutes**.



Pan-fry the gnocchi

While the veggies are cooking, heat a second large frying pan over a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, cook the **gnocchi** (see ingredients) in a single layer, tossing occasionally, until golden, **6-8 minutes** (cook in batches if your pan is getting crowded). Season with **salt** and **pepper**.

TIP: Allow the undersides to become golden before tossing!

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



Make the sugo sauce

Add the **tomato paste** to the **veggies** and cook, stirring, for **1 minute**. Add the **chopped tomatoes, butter, brown sugar** and **vegetable stock powder**, then season with **pepper**. Stir to combine and simmer until fragrant, **5-7 minutes**.



Bring it all together

Preheat the grill to medium-high. Spread the **gnocchi** over a baking dish and top with the **sugo sauce**, then sprinkle with the **shredded Cheddar cheese**. Grill until the cheese is melted and golden, **5-10 minutes**. While the gnocchi is grilling, thinly slice the **cucumber** into half-moons. Thinly slice the **pear** (see ingredients). In a medium bowl, combine the **balsamic vinegar** with a drizzle of **olive oil**. Add the **cucumber, pear** and **rocket leaves** and toss to coat. Season to taste.



Serve up

Divide the cheesy veggie-loaded gnocchi with sugo sauce between bowls. Serve with the rocket and pear salad.

Enjoy!