



Creamy Bacon Gnocchi Bake

with Roasted Pumpkin & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Aussie Spice Blend



Gnocchi



Cream



Baby Spinach Leaves



Peeled Pumpkin Pieces



Diced Bacon



Grated Parmesan Cheese



Diced Bacon

Prep in: 15-25 mins
Ready in: 55-65 mins

Gnocchi has to be the cutest pasta around. These little balls sitting in a creamy sauce with pops of bacon, pumpkin and spinach are too irresistible to leave alone. We're gobbling them up this instant!

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

Pantry items

Olive Oil

Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
diced bacon	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
gnocchi	1 packet	2 packets
cream	½ bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 medium packet	1 large packet
water*	1 cup	2 cups
baby spinach leaves	1 medium bag	1 large bag
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3601kJ (861Cal)	703kJ (168Cal)
Protein (g)	30.5g	6g
Fat, total (g)	40.1g	7.8g
- saturated (g)	22.3g	4.4g
Carbohydrate (g)	91.4g	17.8g
- sugars (g)	7.2g	1.4g
Sodium (mg)	2451mg	478mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4186kJ (1000Cal)	744kJ (178Cal)
Protein (g)	38.4g	6.8g
Fat, total (g)	52.3g	9.3g
- saturated (g)	26.7g	4.7g
Carbohydrate (g)	91.5g	16.3g
- sugars (g)	7.2g	1.3g
Sodium (mg)	2850mg	507mg

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** and **diced bacon** in a baking dish.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

Little cooks: Kids can help toss the pumpkin and bacon.

Custom Recipe: If you've doubled your diced bacon, roast for an extra 3-5 minutes until tender.



Bring it all together

- Remove baking dish from oven and stir through **baby spinach leaves** until wilted.

2



Add the sauce & gnocchi

- When pumpkin is done, add **Aussie spice blend**, **gnocchi**, **cream** (see ingredients), **grated Parmesan cheese** and the **water**, then stir to combine. Season with **salt** and **pepper**.
- Cover with foil and bake until gnocchi is cooked through, **20-25 minutes**.
- Uncover, return to the oven and bake until golden, a further **10-15 minutes**.

4



Serve up

- Divide creamy bacon and roasted pumpkin gnocchi bake between bowls. Enjoy!

Rate your recipe

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