



Mediterranean Tomato & Oregano Gnocchi

with Capers & Feta

Grab your Meal Kit with this symbol



Red Onion



Celery



Garlic



Capers



Flaked Almonds



Gnocchi



Dried Oregano



Crushed & Sieved Tomatoes



Vegetable Stock



Baby Spinach Leaves



Red Pesto



Feta

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Bring a taste of the Mediterranean to your table tonight with oregano, sun-dried tomato pesto and feta coming together in a rich sauce that's a perfect match for the crispy edges and pillowy centres of pan-fried gnocchi.

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
capers	1 packet	2 packets
flaked almonds	1 packet	2 packets
gnocchi	1 packet	2 packets
dried oregano	1 sachet	1 sachet
crushed & sieved tomatoes	½ tin	1 tin
water*	⅓ cup	⅔ cup
brown sugar*	2 tsp	4 tsp
vegetable stock	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
red pesto	1 packet (50g)	1 packet (100g)
feta	1 block (50g)	1 block (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3020kJ (721Cal)	577kJ (138Cal)
Protein (g)	23.7g	4.5g
Fat, total (g)	24.2g	4.6g
- saturated (g)	6.0g	1.2g
Carbohydrate (g)	97.8g	18.7g
- sugars (g)	11.3g	2.2g
Sodium (mg)	2500mg	478mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Finely chop the **red onion** and **celery**. Finely chop the **garlic** (or use a garlic press). Drain and rinse the **capers**.



2. Pan-fry the gnocchi

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a **generous drizzle of olive oil**. When the oil is hot, add the **gnocchi** in a single layer and fry, tossing occasionally, until golden, **8-10 minutes**. Transfer to a plate lined with paper towel.

TIP: If the gnocchi doesn't fit in a single layer, fry in batches.



3. Start the sauce

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion, celery** and **capers** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and **dried oregano** and cook, stirring, until fragrant, **2 minutes**. Add the **crushed & sieved tomatoes (see ingredients list)**, the **water, brown sugar** and **vegetable stock**. Simmer until thickened slightly, **2-3 minutes**.

TIP: Capers have a strong flavour, feel free to leave them out if you're not a fan!



4. Add the spinach & pesto

Stir the **baby spinach leaves** and **red pesto** through the sauce until the spinach has wilted, **2 minutes**.



5. Bring it all together

Remove the pan from the heat and add the **gnocchi**. Gently toss to coat the gnocchi in the sauce. Season to taste with **pepper**.



6. Serve up

Divide the Mediterranean tomato and oregano gnocchi between bowls. Crumble over the **feta** and top with the toasted almonds.

Enjoy!