



# Pumpkin Truffle Gnocchi & Crispy Sage Leaves

with Rocket & Almond Salad

Grab your Meal Kit with this symbol



Courgette



Peeled & Chopped Pumpkin



Garlic



Sage



Flaked Almonds



Gnocchi



Longlife Cream



Grated Parmesan Cheese



Spinach & Rocket Mix



Truffle Oil

Hands-on: 20-30 mins  
Ready in: 30-40 mins

Picture golden bundles of gnocchi smothered in a cheesy creamy sauce with sweet roasted veggies and drizzled with truffle oil. Now, if that hasn't got your mouth watering, just wait until you tuck into the real thing.

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
sage	1 bunch	1 bunch
flaked almonds	1 sachets	2 sachets
gnocchi	1 packet	2 packets
longlife cream	½ bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
balsamic vinegar*	½ tsp	1 tsp
spinach & rocket mix	1 bag (30g)	1 bag (60g)
truffle oil	drizzle	drizzle

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3821kJ (913Cal)	641kJ (153Cal)
Protein (g)	25.9g	4.3g
Fat, total (g)	47.3g	7.9g
- saturated (g)	20.7g	3.5g
Carbohydrate (g)	92.9g	15.6g
- sugars (g)	9.5g	1.6g
Sodium (mg)	1575mg	264mg

## Allergens

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

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



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **courgette** into 2cm half-moons. Place the **peeled & chopped pumpkin** and **courgette** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.

**TIP:** Cut the courgette to size so it cooks in time.



## Cook the sage leaves

While the veggies are roasting, finely chop the **garlic**. Pick the **sage** leaves. 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, cook the **sage** leaves until crispy, **1 minute** each side. Transfer to a plate lined with paper towel.



## Pan-fry the gnocchi

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **gnocchi** in a single layer and pan-fry, tossing occasionally, until golden, **6-8 minutes**. Season with **salt** and **pepper**.

**TIP:** If the gnocchi doesn't fit in a single layer, pan-fry in batches so it becomes golden.

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



## Make the sauce

Add the **garlic** to the **gnocchi** and cook, stirring, until fragrant, **1 minute**. Add the **longlife cream** (see ingredients) and **grated Parmesan cheese** (reserve some for garnish!) and cook, stirring, until thickened slightly, **1 minute**. Remove from the heat.



## Make the salad

In a medium bowl, combine a small drizzle of **olive oil** and the **balsamic vinegar**. Season with **salt** and **pepper**. Add the **spinach & rocket mix** and toss to coat.



## Serve up

Gently stir the roasted veggies through the gnocchi. Divide the gnocchi between bowls and drizzle over the **truffle oil**. Garnish with the crispy sage leaves and reserved Parmesan cheese. Serve with the rocket salad and sprinkle over the toasted almonds.

**TIP:** Truffle has a strong flavour, if you're not a fan, serve the gnocchi without it.

Enjoy!