



CHEESY BEEF & VEGGIE BAKED GNOCCHI

with Sugo Sauce



Make a sugo sauce



Gnocchi



Garlic



Brown Onion



Courgette



Carrot



Rosemary



Thyme



Beef Mince



Tomato Paste



Crushed & Sieved Tomatoes



Beef Stock



Shredded Cheddar Cheese



Cucumber



Mixed Salad Leaves

Hands-on: **35 mins**
Ready in: **45 mins**

Knock knock. Who's there? Gnocchi! It's been roasted, then baked with a veggie-loaded tomato and beef sauce and cheesy topping, so we're pretty sure you'll want to invite it in for dinner!

Pantry Staples: Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan** • **large baking dish**



1 ROAST THE GNOCCHI

Preheat the oven to **240°C/220°C fan-forced**. Place the **gnocchi** in a large bowl with **1/4 cup olive oil** and a **pinch** of **salt** and **pepper**. Toss well to coat, then spread out evenly over an oven tray lined with baking paper. Roast on the top rack of the oven until tender and lightly browned, **15-20 minutes**.



2 GET PREPPED

While the gnocchi is roasting, finely chop the **garlic** (or use the garlic press). Finely chop the **brown onion** and **courgette**. Grate the **carrot** (unpeeled). Pick the **rosemary** leaves and roughly chop. Pick the **thyme** leaves. Place the **thyme** leaves on a small plate and **drizzle** with a little **olive oil**. **TIP:** This will prevent them from burning later!



3 COOK THE BEEF & VEGGIES

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**. Reduce the heat to medium-high, add the **garlic, onion, courgette, carrot** and **rosemary**. Season with **salt** and **pepper** and cook until softened, **5-6 minutes**.



4 MAKE IT SAUCY

Add **3/4 tin tomato paste** to the pan with the **beef** and **veggies** and cook, stirring, for **1 minute**. Add the **crushed & sieved tomatoes, butter, brown sugar, beef stock** and a **pinch** of **pepper**. Stir to combine, bring to a simmer then remove from the heat and season to taste with **salt** and **pepper**.

TIP: Add a dash of water to loosen if the sauce is a little dry!



5 BRING IT ALL TOGETHER

Transfer the roasted **gnocchi** to a large baking dish and top with the **sugo sauce**. Sprinkle with the **shredded Cheddar cheese** and **thyme** leaves. Bake until the **cheese** is melted and golden, **8-10 minutes**. While the gnocchi is baking, thinly slice the **cucumber** into half-moons. In a medium bowl, combine the **balsamic vinegar** and a **drizzle** of **olive oil**. Add the **cucumber** and **mixed salad leaves** and toss to coat. **TIP:** Toss the salad just before serving to keep the leaves crisp!



6 SERVE UP

Divide the cheesy beef and veggie baked gnocchi with sugo sauce between bowls. Serve the green salad on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
gnocchi	2 packets
garlic	4 cloves
brown onion	1
courgette	1
carrot	2
rosemary	1 bunch
thyme	1 bunch
beef mince	1 packet
tomato paste	3/4 tin
crushed & sieved tomatoes	2 tins (800g)
butter*	60g
brown sugar*	1 tbs
beef stock	2 cubes
shredded Cheddar cheese	1 packet (100g)
cucumber	1
balsamic vinegar*	2 tsp
mixed salad leaves	1 bag (60g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3180kJ (759Cal)	428kJ (102Cal)
Protein (g)	25.1g	3.4g
Fat, total (g)	23.0g	3.1g
- saturated (g)	14.1g	1.9g
Carbohydrate (g)	108g	14.5g
- sugars (g)	21.3g	2.9g
Sodium (g)	2460mg	331mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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