



Cheesy Veggie-Loaded Grilled Gnocchi

with Sugo Sauce & Pear Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Celery



Carrot



Dried Oregano



Chilli Flakes (Optional)



Gnocchi



Tomato Paste



Chopped Tomatoes



Vegetable Stock



Shredded Cheddar Cheese



Cucumber



Pear



Mixed Salad 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.

Unfortunately, this week's courgette was in short supply, so we've replaced it with pear. Don't worry, the recipe will be just as delicious!

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 baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
carrot	1	2
dried oregano	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
salt*	¼ tsp	½ tsp
gnocchi	¾ packet	1½ packets
tomato paste	1 tin	2 tins
chopped tomatoes	1 tin	2 tins
butter*	30g	60g
brown sugar*	2 tsp	4 tsp
vegetable stock	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
mixed salad leaves (30g)	1 bag	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3360kJ (803Cal)	401kJ (96Cal)
Protein (g)	29.9g	3.6g
Fat, total (g)	31.8g	3.8g
- saturated (g)	19.5g	2.3g
Carbohydrate (g)	93.7g	11.2g
- sugars (g)	26.6g	3.2g
Sodium (mg)	2750mg	327mg

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 **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **celery** (or finely chop if you prefer!). Grate the **carrot** (unpeeled).



2. Cook the veggies

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



3. Pan-fry the gnocchi

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

TIP: Allow the undersides to become golden before tossing! If the gnocchi doesn't fit in a single layer, fry in batches for a better result.

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



4. Make the sugo sauce

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



5. Bring it all together

Preheat the grill to medium-high. Spread the **gnocchi** over a medium baking dish and top with the **veggie 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 list). In a medium bowl, combine the **balsamic vinegar** and **olive oil (2 tsp for 2 people / 4 tsp for 4 people)**. Add the **cucumber, pear** and **mixed salad leaves** and toss to coat. Season to taste with **salt and pepper**.



6. Serve up

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

Enjoy!