



# Easy Garlic & Herb Gnocchi Tray Bake

with Pear Salad & Melted Cheddar

Grab your Meal Kit with this symbol



Gnocchi



Chopped Tomatoes



Garlic & Herb Seasoning



Vegetable Stock Powder



Chilli Flakes (Optional)



Shredded Cheddar Cheese



Pear



Cucumber



Spinach & Rocket Mix



Balsamic & Olive Oil Dressing

- Hands-on: **10-20 mins**
- Ready in: **25-35 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 in just 25 minutes.

## Pantry items

Olive Oil, Brown Sugar, Butter

## 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 baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
gnocchi	1 packet	2 packets
chopped tomatoes	1 tin	2 tins
garlic & herb seasoning	1 sachet	1 sachet
vegetable stock powder	1 sachet	1 sachet
chilli flakes (optional)	pinch	pinch
brown sugar*	½ tbs	1 tbs
butter*	20g	40g
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
pear	1	2
cucumber	1 (medium)	1 (large)
spinach & rocket mix	1 bag (30g)	1 bag (60g)
balsamic & olive oil dressing	½ packet (12.5ml)	1 packet (25ml)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3468kJ (828Cal)	514kJ (122Cal)
Protein (g)	28.3g	4.2g
Fat, total (g)	31.1g	4.6g
- saturated (g)	17.3g	2.6g
Carbohydrate (g)	108.9g	16.1g
- sugars (g)	21g	3.1g
Sodium (mg)	2971mg	440mg

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

1



## Crisp the gnocchi

Preheat the oven to **240°C/220°C fan-forced**. In a large baking dish, add the **gnocchi** and enough **olive oil** to coat the **gnocchi**. Season and bake until slightly crispy, **10-14 minutes**.

3



## Make the salad

While the gnocchi is baking, thinly slice the **pear** and **cucumber**. In a medium bowl, add the **cucumber**, **pear**, **spinach & rocket mix** and **balsamic & olive oil dressing** (see ingredients). Season and toss to coat.

2



## Bake the gnocchi

When the **gnocchi** is cooked, add the **chopped tomatoes**, **garlic & herb seasoning**, **vegetable stock powder**, a pinch of **chilli flakes** (if using), the **brown sugar** and **butter** to the baking dish. Season and stir to combine. Sprinkle with the **shredded Cheddar cheese** and bake until golden, **8-10 minutes**.

4



## Serve up

Divide the garlic and herb gnocchi tray bake between bowls. Serve with the pear salad.

## Enjoy!