



# PESTO & SUN-DRIED TOMATO GNOCCHI

with Roasted Tomatoes and Tenderstem Broccoli



## HELLO GNOCCHI

*Gnocchi is Italian for 'dumpling' One on it's own is called Gnoccho.*



Echalion Shallot



Baby Plum Tomatoes



Tenderstem Broccoli®



Garlic Clove



Sun-Dried Tomatoes



Gnocchi



Chilli Flakes



Grated Italian Style Hard Cheese



Green Pesto

Gnocchi with pesto is an all-time favourite. We've given this version a HelloFresh twist by pan-frying the gnocchi. It gives the pillowy little dumplings a beautifully crisp crust.

30 mins

1 of your 5 a day

Veggie

MEAL BAG

5

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Baking Tray**, **Sieve**, **Frying Pan** and **Mixing Bowl**. Now, let's get cooking!



## 1 PREP THE VEGGIES

Preheat your oven to 200°C. Fill and boil your kettle to re-hydrate the **sun-dried tomatoes**. Halve, peel and thinly slice the **shallot**. Halve the **plum tomatoes**. Slice the **broccoli** in half widthways. Peel and grate the **garlic** (or use a garlic press). Pop the **sun-dried tomatoes** in a bowl and cover completely with boiling **water**. Set to one side to re-hydrate for 12-15 mins, then drain in a sieve and roughly chop.



## 2 ROAST THE VEG

Meanwhile, pop the **baby plum tomatoes** and **tenderstem® broccoli** onto a large baking tray. Drizzle with **oil** and sprinkle over a pinch of **salt** and **pepper**. Toss to coat everything in the **oil** then pop onto the top shelf of the oven to cook until the **tomatoes** have softened and the **broccoli** has roasted, 15 mins.



## 3 FRY THE GNOCCHI

In the meantime, put a good glug of **oil** in a frying pan on medium-high heat. When hot, add the **gnocchi**. Cook until golden and crispy, 8-10 mins. Stir to turn the **gnocchi** occasionally so they colour evenly. Once nicely golden, transfer the **gnocchi** to a bowl. Keep the pan!



## 4 MAKE THE SAUCE

Add another drizzle of **oil** (and a good knob of **butter** if you have some!) to your now empty frying pan and place over medium heat. Once hot, add the **shallot** and cook until softened, 3-4 mins, stirring regularly. Once soft, stir in the **garlic**, drained **sun-dried tomatoes** and a pinch of **chilli flakes**. Cook, stirring, for 30 seconds. Remove from the heat.



## 5 FINISH THE SAUCE

Next, mix the **roasted vegetables**, **half the hard Italian cheese** and the **pesto** (use as much as you would like!) into the **shallot mixture**. Tip the **gnocchi** back into the pan and gently stir to coat. Season to taste with **salt** and **pepper**.



## 6 SERVE

Divide the **gnocchi** up into large bowls and sprinkle over the remaining **hard Italian cheese** and another pinch of **chilli flakes** if you would like! **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	2	2
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Tenderstem Broccoli® *	1 pack	1 pack	1 pack
Garlic Clove *	1	2	2
Sun-Dried Tomatoes	1 pot	1 pot	2 pots
Gnocchi 13)	400g	600g	800g
Chilli Flakes	½	¾	1
Grated Italian Style Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Green Pesto 2) 7)	1 pot	1½ pots	2 pots

\*Not Included \* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 465G	PER 100G
Energy (kcal)	2358 / 564	507 / 121
Fat (g)	16	3
Sat. Fat (g)	5	1
Carbohydrate (g)	81	17
Sugars (g)	12	3
Protein (g)	20	4
Salt (g)	3.54	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

2) Nut 7) Milk 8) Egg 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## 👍 THUMBS UP OR THUMBS DOWN?

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