



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 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!