



BELL PEPPER & ZUCCHINI GNOCCHI

in a Creamy Pink Sauce with Toasted Garlic Panko

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



1 | 2
Zucchini



1 | 1
Yellow Onion



14 oz | 14 oz
Diced Tomatoes



¼ oz | ¼ oz
Parsley



1 TBSP | 1 TBSP
Italian Seasoning



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 tsp | 1 tsp
Garlic Powder



8.8 oz | 17.6 oz
Gnocchi Pasta
Contains: Wheat



1.5 oz | 3 oz
Tomato Paste



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



1 | 2
Veggie Stock
Concentrate



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



6 oz | 12 oz
Ground Plant-Based Protein

Calories: 810



9 oz | 18 oz
Italian Chicken Sausage Mix

Calories: 860



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 600



HELLO FRESH

HELLO

CREAM SAUCE

This rich “mother” sauce is a perfect base for pasta (and soup!).

FLOAT ON

The easiest way to tell when your gnocchi are done? Watch them float to the top of your pot!

BUST OUT

- Medium pot
- Small bowl
- Baking sheet
- Strainer
- Large pan
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp | 1 tsp) 🍴 🍴
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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🍴 *Ground Plant-Based Protein is fully cooked when internal temperature reaches 165°.

🍴 *Chicken Sausage is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to middle position; preheat oven to 425 degrees. Bring a medium pot of salted water to a boil. Wash and dry produce.
- Halve, core, and dice bell pepper into ¼-inch pieces. Trim and halve zucchini lengthwise; cut crosswise into ¼-inch-thick half-moons. Halve, peel, and finely dice half the onion (all for 4). Pick parsley leaves from stems; roughly chop leaves.



4 COOK GNOCCHI & START SAUCE

- Once water is boiling, add gnocchi to pot. Cook until tender, 3-4 minutes. Reserve ½ cup gnocchi cooking water (½ cup for 4 servings), then drain.
- Meanwhile, heat a drizzle of oil in pan used for panko over medium-high heat. Add onion; cook, stirring occasionally, until softened, 6-8 minutes. (If onion begins to burn, reduce heat to low and add a splash of water.) Add tomato paste and 1 tsp sugar (2 tsp for 4); cook, stirring, until onion is evenly coated, 1-3 minutes more. Turn off heat for 1-2 minutes to let cool slightly.

- 🍴 Once onion is softened, add another drizzle of oil to pan. Add plant-based protein* or sausage*; season with salt and pepper. Using a spatula, press into an even layer. Cook, undisturbed, until browned on bottom, 3-4 minutes. Break up into pieces; continue cooking until browned and cooked through, 3-4 minutes more for plant-based protein or 1-2 minutes more for sausage. Cook through the rest of the step as instructed.



2 ROAST VEGGIES

- Toss bell pepper and zucchini on a baking sheet with a drizzle of olive oil, half the Italian Seasoning (all for 4 servings), salt, and pepper.
- Roast on middle rack until browned and tender, 15-18 minutes.



5 FINISH SAUCE

- Heat pan with onion mixture over medium heat; add cream sauce, stock concentrate, cream cheese, reserved gnocchi cooking water, and ¼ cup diced tomatoes (½ cup for 4 servings). (Be sure to measure the diced tomatoes—we sent more.) Cook, stirring occasionally, until thickened and well combined, 2-4 minutes.
- Turn off heat. Stir in gnocchi and roasted veggies. Taste and season with salt and pepper. TIP: If needed, add a splash or two of water until gnocchi is coated in a creamy sauce.



3 TOAST PANKO

- While veggies roast, melt 1 TBSP butter (2 TBSP for 4 servings) in a large pan over medium heat. Stir in panko, half the garlic powder (all for 4), ¼ tsp salt (½ tsp for 4), and pepper. Cook, stirring constantly, until golden brown, 3-5 minutes.
- Turn off heat; transfer to a small bowl. Wipe out pan.



6 SERVE

- Divide gnocchi between bowls. Top with toasted garlic panko and garnish with parsley. Serve.