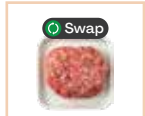




Sausage and Gnocchi Skillet

with Spinach and Pesto

10 Minutes



Ground Beef
250 g | 500 g

Customized Protein **+** Add **↻** Swap **or** **x2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Mild Italian Sausage, uncased
250 g | 500 g



Basil Pesto
1/4 cup | 1/2 cup



Gnocchi
350 g | 700 g



Baby Spinach
56 g | 113 g



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Cream
56 ml | 113 ml



Baby Tomatoes
113 g | 227 g

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Visa by PINE™ EVO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, pepper, oil, unsalted butter

Cooking utensils | Large non-stick pan, measuring spoons

1



Cook sausage

- Before starting, wash and dry all produce.

Swap | Ground Beef

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **sausage**.
- Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min.**
- Transfer **sausage** to a plate. Set aside.

2



Prep

- Meanwhile, halve **baby tomatoes**.

3



Cook gnocchi

- Reheat the same pan over medium-high.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted. Add **gnocchi**.
- Cook, turning occasionally, until golden, 5-6 min.

4



Finish and serve

- Add **sausage, spinach, pesto, tomatoes, 1 tbsp** (2 tbsp) **butter** and **cream** to the pan with **gnocchi**.
- Cook, stirring often, until **spinach** wilts and **gnocchi** is coated, 1-2 min.
- Divide **gnocchi** between plates.
- Sprinkle **Parmesan** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Cook beef

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **sausage****

** Cook to a minimum internal temperature of 74°C/165°F.