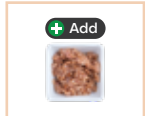




SuperQuick Spanakopita-Inspired Gnocchi

with Blistered Tomatoes and Feta

15 Minutes



Mild Italian Sausage, uncased
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)



Gnocchi
350 g | 700 g



Baby Tomatoes
113 g | 227 g



Green Peas
56 g | 113 g



Baby Spinach
56 g | 113 g



Yellow Onion, chopped
56 g | 113 g



Dill
7 g | 14 g



Cream
113 ml | 226 ml



Feta Cheese, crumbled
1/4 cup | 1/2 cup



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



Cream Sauce Spice Blend
1 tbsp | 2 tbsp

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 | Oil, unsalted butter, salt, pepper, sugar

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

+ Add | Mild Italian Sausage, uncased

- Halve **tomatoes**.
- Add **tomatoes**, **½ tbsp** (1 tbsp) **oil** and **⅛ tsp** (¼ tsp) **sugar** to an unlined baking sheet. Season with **salt** and **pepper**. Toss to coat.
- Broil in the **top** of the oven until lightly charred and tender, 4-6 min.

4



Finish and serve

- Divide **gnocchi** between bowls.
- Top with **blistered tomatoes** and **feta**.
- Using scissors, snip **dill** over top.

2



Start gnocchi

- Heat a large non-stick pan over medium-high. When hot, add **2 tbsp** (4 tbsp) **butter**. Swir pan until melted, 30 sec.
- Add **gnocchi**, **onions** and **peas**. Season with **salt** and **pepper**. Cook, stirring often, until softened and lightly golden, 2-4 min.
- Sprinkle **Cream Sauce Spice Blend** over top. Stir to mix.

3



Cook and broil gnocchi

+ Add | Mild Italian Sausage, uncased

- Add **cream** and **1 cup** (1 ½ cups) **water**. Stir to mix. Bring to a boil over high. Cook, stirring often until **gnocchi** is soft and **sauce** thickens slightly, 3-4 min.
- Meanwhile, using scissors, roughly snip **spinach** in its bag.
- Remove **gnocchi** from heat. Add **spinach** and **Parmesan**. Season with **salt** and **pepper**. Stir to mix.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Prep vegetable and cook sausage

+ Add | Mild Italian Sausage, uncased

If you've opted to get **sausage**, heat a large non-stick pan over medium-high. When hot, add **1 tbsp** (2 tbsp) **oil**, then **sausage**. Cook for 4-5 min, breaking up **sausage** into smaller pieces, until no pink remains.** Season with **salt** and **pepper**. Remove and discard excess fat, if desired. Remove **sausage** to a plate and cover to keep warm. Carefully wipe out pan.

3 | Cook and broil gnocchi

+ Add | Mild Italian Sausage, uncased

Return **sausage** to the pan with **spinach** and **Parmesan**.

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