



# Creamy Gnocchi Alfredo

with Spinach and Peppers

Veggie

Optional Spice

25 Minutes



Gnocchi



Sweet Bell Pepper



Sugar Snap Peas



Baby Spinach



Garlic



Cream



Cream Cheese



Parmesan Cheese,  
shredded



Chili Flakes

HELLO SWEET PEPPERS

*A sweet pepper is just a green pepper that has been left on the vine to ripen!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, measuring spoons, measuring cups, whisk, large non-stick pan

### Ingredients

	2 Person	4 Person
Gnocchi	350 g	700 g
Sweet Bell Pepper	160 g	320 g
Sugar Snap Peas	113 g	227 g
Baby Spinach	56 g	113 g
Garlic	6 g	12 g
Cream	56 g	113 g
Cream Cheese	43 g	86 g
Parmesan Cheese, shredded	¼ cup	½ cup
Chili Flakes 🌶️	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

### 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.*

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### 1 Prep

Core, then cut **pepper** into ½-inch pieces. Trim, then halve **snap peas**. Roughly chop **spinach**. Peel, then mince or grate **garlic**.



### 2 Cook veggies

Heat a large non-stick pan over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl) then **peppers** and **snap peas**. Cook, stirring often, until tender-crisp, 4-5 min. Add **garlic** and cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**, then transfer **veggies** to a plate. Cover to keep warm.



### 3 Pan-fry gnocchi

Heat the same pan over medium. When hot, add 2 **tbsp butter** and swirl the pan to melt. Add **gnocchi** and cook, stirring occasionally, until golden-brown, 6-8 min. (**NOTE:** For 4 ppl, cook gnocchi in 2 batches, using 2 **tbsp butter** for each batch!)



### 4 Make Alfredo sauce

While **gnocchi** cooks, add **cream**, **cream cheese** and **half the Parmesan** to a medium bowl, then whisk until smooth. Add ⅓ **cup water** (dbl for 4 ppl) and season with **salt** and **pepper**, then whisk to combine.



### 5 Finish Alfredo

Add **sauce**, **cooked veggies** and **spinach** to the pan with **gnocchi**. Cook, stirring occasionally, until **spinach** wilts and **sauce** thickens slightly, 2-3 min.



### 6 Finish and serve

Season with **salt** and **pepper**, to taste. Divide **gnocchi**, **veggies** and **sauce** between plates. Sprinkle **remaining Parmesan** over top. Sprinkle with as many **chili flakes** as desired.

## Dinner Solved!