



Parmesan Pan-Fried Gnocchi



with Spinach and Peas

Veggie 30 Minutes

Customized Protein **+ Add** **↻ Swap** or ***2 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](http://www.hellofresh.ca)




 + Add	 + Add
Chicken Breast 2 4	Shrimp 285 g 570 g

 350 g 700 g	 56 g 113 g
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 28 g 56 g	 56 ml 113 ml
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 1 2	 ¼ cup ½ cup
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 1 tsp 2 tsp	 1 tbsp 2 tbsp
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 1 2	 1 2
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 1 tsp 1 tsp
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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 | Pepper, oil, unsalted butter, salt

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, whisk

1



Prep veggies and sauce

- Before starting, wash and dry all produce.

+ Add | **Chicken Breast**

- Peel, then finely chop **shallot**.
- Roughly chop **spinach**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Stir together **cream**, **cream cheese**, **Cream Sauce Spice Blend** and **half the Parmesan** in a medium bowl. Add ½ **cup** (1 cup) warm **water**. Season with **pepper**, then whisk to combine. Set aside.

4



Cook sauce

- Add **sauce mixture** and **spinach** to the pan with **veggies**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-3 min.
- Season with **garlic salt** and **pepper**.

2



Pan-fry gnocchi

+ Add | **Shrimp**

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **1 tbsp butter**, then **gnocchi** and **2 tbsp water**. (NOTE: For 4 ppl, cook in 2 batches, using 1 tbsp butter and 2 tbsp water per batch.) Cover and cook until softened, 3-4 min.
- When **gnocchi** is soft, uncover and cook, stirring occasionally, until golden-brown all over, 3-4 min.
- Transfer to a plate, then cover to keep warm.

5



Finish and serve

+ Add | **Chicken Breast**

+ Add | **Shrimp**

- Add **gnocchi** to the pan with **sauce**, then toss to coat.
- Divide **gnocchi** between bowls.
- Sprinkle **remaining Parmesan** over top.
- Sprinkle with **chili flakes**, if desired.

3



Cook veggies

- Return the pan to medium-high.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **zucchini** and **peas**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **shallots**. Cook, stirring often, until fragrant, 2 min.
- Season with **salt** and **pepper**.

Measurements
within steps

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

1 | Prep and cook chicken

+ Add | **Chicken Breast**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Reuse the same pan to pan-fry **gnocchi** in step 2.

2 | Pan-fry gnocchi and shrimp

+ Add | **Shrimp**

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan from the **gnocchi** over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer **shrimp** to a plate. Reuse the same pan to make **sauce** in step 4.

5 | Finish and serve

+ Add | **Chicken Breast**

Thinly slice **chicken**. Arrange on top of **gnocchi**.

5 | Finish and serve

+ Add | **Shrimp**

Top final bowls with **shrimp**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.