

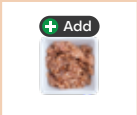


# Parmesan Pan-Fried Gnocchi

with Spinach and Peas

Veggie

30 Minutes



Mild Italian Sausage, uncased  
250 g | 500 g

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](https://www.hellofresh.ca)



Gnocchi  
350 g | 700 g



Green Peas  
56 g | 113 g



Baby Spinach  
56 g | 113 g



Cream  
56 ml | 113 ml



Cream Cheese  
2 | 4



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



Chili Flakes  
1 tsp | 2 tsp



Cream Sauce Spice Blend  
1 tbsp | 2 tbsp



Shallot  
1 | 2



Zucchini  
1 | 2

**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.

- 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 **salt** and **pepper**.

2



### Pan-fry gnocchi

- 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 **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

### 3 | Cook sausage and veggies

+ Add | Mild Italian Sausage

If you've opted to add **sausage**, when the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **sausage, zucchini** and **peas**. Cook, breaking up **sausage** and stirring often for 3-4 min. Add **shallots**, then continue to cook until **veggies** have softened and **sausage** is cooked through, 2-3 min.\*\* Follow the rest of the recipe as written.

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