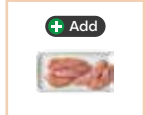




SuperQuick Creamy Garlic Veggie Gnocchi with Toasted Panko Topping

14 Minutes



Chicken Breast
Tenders
310 g | 620 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](http://www.hellofresh.ca)



Gnocchi
350 g | 700 g



Green Beans
170 g | 340 g



Green Peas
56 g | 113 g



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



Panko
Breadcrumbs
1/2 cup | 1/2 cup



Garlic Puree
1 tbsp | 2 tbsp



Cream Cheese
2 | 4



Cream
113 ml | 237 ml



Garlic Spread
2 tbsp | 4 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 | Unsalted butter, oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring spoons, small pan

1



Fry gnocchi

• Before starting, wash and dry all produce.

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp butter**, then swirl the pan until melted. Add **gnocchi**. (**NOTE:** For 4 ppl, cook gnocchi in 2 batches, using 1 tbsp butter per batch.) Cook, turning occasionally, until golden, 7-8 min.
- Transfer **gnocchi** to a plate.

2



Prep

+ Add | **Chicken Breast Tenders**

- Meanwhile, trim, then cut **green beans** into 1-inch pieces.

3



Cook green beans and peas

- Reheat the large non-stick pan over medium-high.
- When hot, add **green beans, peas** and $\frac{1}{4}$ cup ($\frac{1}{2}$ cup) **water**. Cook, stirring occasionally, until water evaporates, 3-4 min.
- Add **1 tbsp** (2 tbsp) **oil**. Cook, stirring often, until **veggies** are tender-crisp, 1 min.

4



Toast panko

- Meanwhile, heat a small pan over medium heat.
- When hot, add **half the garlic spread** and **panko breadcrumbs**. Cook stirring often until golden-brown and toasted, 2-3 min.
- Remove pan from the heat, then add **Parmesan cheese**. Stir to combine. Set aside.

5



Finish and serve

+ Add | **Chicken Breast Tenders**

- Add **cream cheese, cream, garlic puree, $\frac{1}{4}$ cup** ($\frac{1}{2}$ cup) **water** and **sauteed gnocchi** to the large pan with **veggies**.
- Cook stirring often until **sauce** thickens slightly and coats **gnocchi**, 1-2 min.
- Divide **creamy veggie gnocchi** between plates.
- Sprinkle **parmesan panko topping** over top.

Measurements
within steps

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

2 | Prep and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **$\frac{1}{2}$ tbsp** (1 tbsp) **oil**, then **chicken breast tenders**. Sear until tenders are golden-brown and cooked through, 3-4 min per side.**

5 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top plates with chicken.

* 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.