



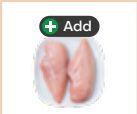
Parmesan Pan-Fried Gnocchi

with Spinach and Peas

Veggie

Spicy

30 Minutes



Chicken Breasts
2 | 4

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
- Green Peas
56 g | 113 g
- Baby Spinach
56 g | 113 g
- Cream
56 ml | 113 ml
- Parmesan Cheese, shredded
¼ cup | ½ cup
- Chili Flakes
1 tsp | 2 tsp
- Cream Sauce Spice Blend
1 tbsp | 2 tbsp
- Shallot
1 | 2
- Zucchini
1 | 2
- Cream Cheese
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.

+ Add | Chicken Breasts

- 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.

2



Pan-fry gnocchi

- Heat a large non-stick pan over medium.
- 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.

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**.

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**.

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.

Measurements within steps | **1 tbsp** (2 person) | **(2 tbsp)** (4 person) | **oil** (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 veggies, sauce and cook chicken.

+ Add | Chicken Breasts

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-high. When hot, add ½ tbsp (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches if needed.) Cook for 1-2 min per side, until golden. Transfer **chicken** to an unlined baking sheet. Use the same pan to cook **gnocchi** in step 2. Roast in the **middle** of the oven for 12-14 min, until **chicken** is cooked through.**

* 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.