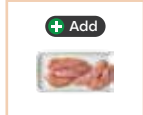




SuperQuick Creamy Garlic Veggie Gnocchi with Toasted Panko Topping

15 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
¼ cup | ½ cup



Panko
Breadcrumbs
½ cup | ¾ cup



Garlic Puree
1 tbsp | 2 tbsp



Cream Cheese
1 | 2



Cream
113 ml | 237 ml



Garlic Spread
1 tbsp | 2 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.

Ingredient quantities 56 g | 113 g
2-serving 4-serving

Pantry items | Butter, oil

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

1



Fry gnocchi

• Before starting, wash and dry all produce.

- Heat a large non-stick pan over medium.
- When hot, add **1 tbsp butter**, then swirl the pan until melted. Add **gnocchi**. (NOTE: For 4 servings, cook gnocchi in 2 batches, using 1 tbsp butter per batch.) Cook for 7-8 min, turning occasionally, until golden. 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 same pan from step 1 over medium-high.
- When hot, add **green beans, peas** and **¼ cup** (½ cup) **water**. Cook for 3-4 min, stirring occasionally, until water evaporates.
- Add **1 tbsp** (2 tbsp) **oil**. Cook for 1 min, stirring often, until **veggies** are tender-crisp.

4



Toast panko

- Meanwhile, heat a small pan over medium.
- When hot, add **half the garlic spread** (use all for 4 servings) and **panko**. Cook for 2-3 min, stirring often, until golden and toasted.
- Remove the pan from the heat, then add **Parmesan**. Stir to combine. Set aside.

5



Finish and serve

+ Add | [Chicken Breast Tenders](#)

- Add **cream cheese, cream, garlic puree, ¼ cup** (½ cup) **water** and **cooked gnocchi** to the large pan with **veggies**.
- Cook for 1-2 min, stirring often, until **sauce** thickens slightly and coats **gnocchi**.
- Divide **gnocchi** between plates.
- Sprinkle **Parmesan-panko topping** over top.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

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.

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 small non-stick pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.**

5 | Finish and serve

+ Add | [Chicken Breast Tenders](#)

Top **finished dish** 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 165°F.