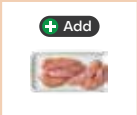




SuperQuick Creamy Pesto Gnocchi with Broccoli and Walnuts

15-Minute Meal 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**



Basil Pesto **¼ cup | ½ cup**



Broccoli **227 g | 454 g**



Cream Cheese **2 | 4**



Walnuts, chopped **28 g | 56 g**



Garlic Spread **2 tbsp | 4 tbsp**



Yellow Onion, chopped **56 g | 113 g**

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.*

1



Prep

- Before starting, bring a large pot of salted water to a boil (use same for 4 servings).
- Wash and dry all produce.
- Cut **broccoli** into bite-sized pieces.
- Open one side of the **package of walnuts**. Using a rolling pin or heavy-bottomed pot, crush **walnuts** in the package until broken into small crumbs (or finely chop if you prefer).

2



Cook gnocchi and broccoli

- Add **broccoli** and **gnocchi** to the boiling water.
- Reduce heat to medium-high. Cook for 3-4 min until **gnocchi** and **broccoli** are tender.
- Reserve $\frac{1}{4}$ cup ($\frac{1}{2}$ cups) **pasta water**. Strain and return **gnocchi** to the pot, off heat.

3



Toast nuts

- + Add | **Chicken Breast Tenders**
- Meanwhile, heat a large non-stick pan over medium.
- When hot, add **half the garlic spread**, then swirl the pan to melt. Add **walnuts**. Cook, stirring often, until toasted, 1-2 min.
- Season with **salt**, then transfer to a plate.

4



Make sauce

- Add **remaining garlic spread** to the same pan (used in step 3), then swirl the pan to melt.
- Add **onions**. Cook, stirring occasionally, until softened, 2-3 min. Season with **salt** and **pepper**.
- Add **cream cheese**, **basil pesto** and **reserved pasta water**. Cook, stirring often, until slightly thickened and **cream cheese** is well combined, 1-2 min.
- Remove the pan from heat.

5



Finish and serve

- + Add | **Chicken Breast Tenders**
- Add **broccoli** and **gnocchi** to pan with **sauce**, then toss to combine.
- Divide **gnocchi mixture** between bowls, then sprinkle over **walnuts**.

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.

3 | Toast nuts 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. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.** Remove to a plate. Use the same pan to make **sauce** (in step 4), reducing heat back to medium.

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 165°F.