

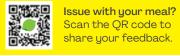
Parmesan Pan-Fried Gnocchi

with Spinach and Peas

Veggie

Optional Spice

30 Minutes















Baby Spinach







Cream Cheese

Parmesan Cheese, shredded





Chili Flakes

Cream Sauce Spice Blend







Zucchini

Shallot



Garlic Salt



Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

Bust out

Medium bowl, measuring spoons, measuring cups, whisk, large non-stick pan

Ingredients

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	2 Person	4 Person
Gnocchi	350 g	700 g
Green Peas	56 g	113 g
Baby Spinach	56 g	113 g
Cream	56 ml	113 ml
Cream Cheese	43 g	86 g
Parmesan Cheese, shredded	1/4 cup	½ cup
Chili Flakes 🤳	1 tsp	2 tsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Shallot	50 g	100 g
Zucchini	200 g	400 g
Garlic Salt	½ tsp	1 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.



Prep veggies and sauce

- Peel, then finely chop shallot.
- Roughly chop **spinach**.
- Halve zucchini lengthwise, then cut into 1/4-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.



Pan-fry gnocchi

- Heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp butter, then gnocchi and **2 tbsp water**. (NOTE: For 4 ppl, cook gnocchi in 2 batches, using 1 tbsp butter and 2 tbsp water per batch.) Cover and cook until **gnocchi** softens, 3-4 min.
- When **gnocchi** is soft, uncover and cook, stirring occasionally, until golden-brown all over, 3-4 min.
- Transfer **gnocchi** to a plate, then cover to keep warm.



Cook veggies

- Return the pan to medium-high.
- When hot, add 1/2 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.



Cook sauce

- Add sauce and spinach to the pan with veggies. Cook, stirring occasionally, until sauce thickens slightly, 1-3 min.
- Season with 1/2 tsp (1 tsp) garlic salt and pepper.



Finish and serve

- Add **gnocchi** to the pan with **sauce**, then toss to coat.
- Divide gnocchi between plates.
- Sprinkle **remaining Parmesan** over top.
- · Sprinkle with chili flakes, to taste.

Dinner Solved!

