



Parmesan Pan-Fried Gnocchi

with Spinach and Peas

Veggie

Optional Spice

30 Minutes



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Gnocchi



Green Peas



Baby Spinach



Cream



Cream Cheese



Parmesan Cheese,
shredded



Chili Flakes



Cream Sauce Spice
Blend



Shallot



Zucchini



Garlic Salt

HELLO GNOCCHI

Pan-frying is a great way to add crispiness to these potato dumplings!

Start here

Before starting, wash and dry all produce.

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

Bust out

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

Ingredients

	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	¼ 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 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.



Cook sauce

- Add **sauce** and **spinach** to the pan with **veggies**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-3 min.
- Season with ½ tsp (1 tsp) **garlic salt** and **pepper**.



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.



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.



Cook veggies

- Return the pan to medium-high.
- When 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**.

Dinner Solved!



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