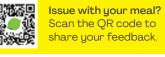


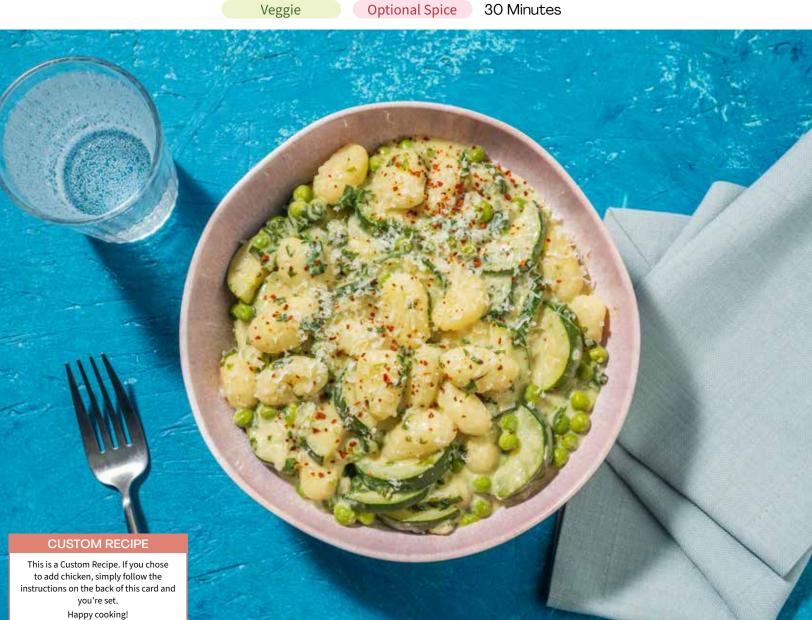
Parmesan Pan-Fried Gnocchi

with Spinach and Peas

30 Minutes















Green Peas









Parmesan Cheese,



shredded



Cream Sauce Spice





Zucchini



Garlic Salt

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

oil

Bust out

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

Ingredients

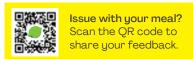
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	2 Person	4 Person
Gnocchi	350 g	700 g
Chicken Tenders •	310 g	620 g
Green Peas	56 g	113 g
Baby Spinach	56 g	113 g
Cream	56 ml	113 ml
Cream Cheese	43 g	86 g
Parmesan Cheese, shredded	⅓ cup	½ cup
Chili Flakes 🤳	1 tsp	2 tsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Shallot	1	2
Zucchini	1	2
Garlic Salt	½ tsp	1 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

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.

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with salt and pepper. Heat a large non-stick pan over medium-high heat. When hot, add 1/2 tbsp (1 tbsp) oil, then chicken. Sear until golden-brown and cooked through, 3-4 min per side.** Transfer to a plate. Reuse the pan to cook **gnocchi** in step 2.



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 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.



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.



Cook sauce

- Add sauce mixture 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.

Top final plates with **chicken**.

Dinner Solved!

^{*} Pantry items

^{**} Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.