



Parmesan Pan-Fried Gnocchi

with Spinach and Peas

Veggie

Optional Spice

30 Minutes

+ Add



Chicken Breasts
2 | 4

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](https://www.hellofresh.ca)



Gnocchi
350 g | 700 g



Green Peas
56 g | 113 g



Baby Spinach
56 g | 113 g



Cream
56 ml | 113 ml



Cream Cheese
1 | 2



Parmesan Cheese, shredded
¼ 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

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.

Pantry items | Unsalted butter, pepper, oil, salt

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

1



Prep veggies and sauce

- Before starting, wash and dry all produce.

- 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.

4



Cook sauce

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

2



Pan-fry gnocchi

+ Add | **Chicken breasts**

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **1 tbsp butter**, then **gnocchi** and **2 tbsp water**. (**NOTE:** For 4 ppl, cook 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.

5



Finish and serve

+ Add | **Chicken breasts**

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

3



Cook veggies

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

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Cook chicken breasts

+ Add | **Chicken breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil**, then **chicken**. (**NOTE:** Cook in 2 batches for 4 ppl, using ½ **tbsp** oil per batch.) Pan-fry until golden-brown, 1-2 min per side. Roast in the **middle** of the oven until cooked through, 8-10 min.**

5 | Finish and serve

+ Add | **Chicken breasts**

Thinly slice **chicken**, then arrange over **gnocchi**.

* 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 74°C/165°F, as size may vary.



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