

HELLO Parmesan Pan-Fried Gnocchi with Spinach and Peas

Veggie

Optional Spice

30 Minutes



Breasts 2 | 4









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 🦫





Gnocchi



350 g | 700 g





Baby Spinach



56 g | 113 g





Cream Cheese

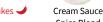


1 | 2

Cheese, shredded ¼ cup | ½ cup



Chili Flakes



Spice Blend 1 tsp | 2 tsp 1 tbsp | 2 tbsp



Shallot 1 | 2



Zucchini 1 | 2



Garlic Salt 1/2 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. **Cooking utensils** | Medium bowl, measuring spoons, measuring cups, whisk, large non-stick pan



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 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

🕀 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.



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.



5 | Finish and serve

8-10 min.**

Measurements

within steps

1 tbsp

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 1/2 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,

(2 tbsp)

oil

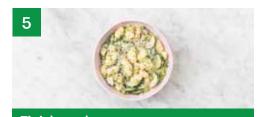
Add | Chicken breasts

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



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.



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.

