



# Parmesan Pan-Fried Gnocchi

## with Spinach and Peas

Veggie Optional Spice 30 Minutes



**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

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- Gnocchi
- Green Peas
- Cream
- Parmesan Cheese, shredded
- Cream Sauce Spice Blend
- Zucchini
- Chicken Tenders
- Baby Spinach
- Cream Cheese
- Chili Flakes
- Shallot
- 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
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	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
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* 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.

## 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.*



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### 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.

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 ½ **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.



### Cook sauce

- Add **sauce mixture** 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 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.



### 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!