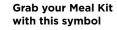


# One-Pan Creamy Chicken Gnocchi

with Garlic Pangrattato & Parmesan Cheese









**Brown Onion** 





Zucchini

Baby Spinach Leaves





**Chicken Breast** 

Breadcrumbs





Gnocchi

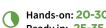




**Chicken Stock** 



**Grated Parmesan** Cheese



Eat me early



# Before you start

Our fruit and veggies need a little wash first!

#### You will need

Large frying pan

### Ingredients

•		
	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	<b>1 bag</b> (60g)	1 bag (120g)
zucchini	1	2
chicken breast	1 packet	1 packet
panko breadcrumbs	½ sachet	1 sachet
gnocchi	1 packet	2 packets
light cooking cream	1 packet (150ml)	2 packets (300ml)
chicken stock	1 cube	2 cubes
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

<sup>\*</sup>Pantry Items

## **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	3970kJ (948Cal)	<b>510kJ</b> (122Cal)
Protein (g)	62.7g	8.1g
Fat, total (g)	32.0g	4.1g
- saturated (g)	16.7g	2.2g
Carbohydrate (g)	101g	13.0g
- sugars (g)	9.8g	1.3g
Sodium (g)	1750mg	225mg

#### **Allergens**

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



# 1. Get prepped

Finely chop the brown onion. Finely chop the garlic (or use a garlic press). Roughly chop the baby spinach leaves. Cut the zucchini into 1cm chunks. Cut the chicken breast into 2cm chunks.



# 2. Make the pangrattato

In a large frying pan, heat a good drizzle of olive oil over a medium-high heat. Add the panko breadcrumbs (see ingredients list) and cook, stirring, until golden brown, 3 minutes. Add 1/2 the garlic and cook until fragrant, 1 minute. Season with a pinch of salt and pepper. Transfer to a medium bowl.



# 3. Cook the gnocchi

Return the frying pan to a medium-high heat with a generous drizzle of olive oil. When the oil is hot, add the gnocchi in a single layer and fry, tossing occasionally, until golden, 6-8 minutes. Season with a pinch of salt and pepper. Transfer to a medium bowl and set aside.

**TIP:** If the gnocchi doesn't fit in a single layer, fry in batches so it becomes golden! Add more olive oil if the gnocchi sticks to the pan.



## 4. Start the sauce

Return the frying pan to a high heat with a **drizzle** of olive oil. Add the chicken and onion and cook, tossing occasionally, until browned, 3-4 minutes. Add the zucchini and cook until softened and the chicken is cooked through, 2-3 minutes. Add the remaining garlic and cook until fragrant, 1 minute.



## 5. Finish the sauce

Reduce the heat to medium and add the **light** cooking cream, crumbled chicken stock (1 cube for 2 people / 2 cubes for 4 people) and grated **Parmesan cheese** (reserve some for garnish!). Stir to combine. Season with pepper. Return the gnocchi to the pan, add the baby spinach and stir until wilted.

**TIP:** If the sauce is a little thick for your liking, add a splash of water to loosen!



# 6. Serve up

Divide the creamy chicken gnocchi between bowls and top with the garlic pangrattato and reserved Parmesan cheese.

**Enjoy!**