



One-Pan Creamy Chicken Gnocchi

with Garlic Pangrattato & Parmesan Cheese

Grab your Meal Kit with this symbol 



Brown Onion



Garlic



Baby Spinach Leaves



Zucchini



Chicken Breast



Panko Breadcrumbs



Gnocchi



Light Cooking Cream




Chicken Stock



Grated Parmesan Cheese

 Hands-on: **20-30 mins**
 Ready in: **25-35 mins**

 Eat me early

Gnocchi is a great base for soaking up all sorts of wonderful flavours, like this dazzling combination of chicken, zucchini and spinach in a creamy sauce with a crunchy pangrattato topping.

Pantry items

Olive Oil

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	1 bag (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)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3970kJ (948Cal)	510kJ (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](https://www.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.



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**.



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.



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!



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.



6. Serve up

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

Enjoy!