



Parmesan Pan-Fried Gnocchi

with Spinach and Peas

Veggie

Optional Spice

30 Minutes



Gnocchi



Green Peas



Baby Spinach



Garlic, cloves



Cream



Cream Cheese



Parmesan Cheese, shredded



Chili Flakes



Cream Sauce Spice Blend



Shallot



Zucchini



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.

Bust out

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

Ingredients

	2 Person	4 Person
Gnocchi	350 g	700 g
Green Peas	56 g	113 g
Baby Spinach	113 g	227 g
Garlic, cloves	3	6
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	50 g	100 g
Zucchini	200 g	400 g
Garlic Salt	½ tsp	1 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Pepper*		

* Pantry items

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.
- Peel, then mince or grate **garlic**.
- Stir together **cream, cream cheese, Cream Sauce Blend** and **half the Parmesan** in a medium bowl. Add **½ cup warm water** (dbl for 4 ppl). Season with **pepper**, then whisk to combine. Set aside.



Finish sauce

- Add **sauce** and **spinach** to the pan with **veggies**. Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Season with **½ tsp garlic salt** (dbl for 4 ppl) and **pepper**.



Pan-fry gnocchi

- Heat a large non-stick pan over medium-high 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 **gnocchi** softens, 3-4 min.
- When **gnocchi** is soft, remove cover and cook, stirring occasionally, until golden-brown all over, 3-4 min.
- Transfer **gnocchi** 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.



Cook veggies

- Return the pan to medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **shallots, garlic** and **peas**. Cook, stirring often, until fragrant, 2 min.

Dinner Solved!