

FOR the
Little ONES

tomatoes

chicken

Baked tomato
GNOCCHI

Chicken Gnocchi

Fluffy potato gnocchi tossed in an Italian-style fresh tomato sauce with chicken and parmesan cheese.

 25 Minutes 2 Servings Chicken

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FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
TOMATO	1
ZUCCHINI	1
TOMATO SUGO / PASTA SAUCE	1 jar
PRECOOKED CHICKEN	1 packet
GNOCCHI	1 packet
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, Italian herbs (or oregano), sugar

COOKING TOOLS

large frypan, saucepan

For crispy gnocchi, cook in a frypan with a little oil or butter (after boiling). Cook over medium-high heat until golden and crispy. Toss in sauce to serve.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - gnocchi is replaced with GF gnocchi.



1. SOFTEN THE ONION

Bring a large saucepan of water to a boil (for the gnocchi).

Heat a large frypan with **oil** over medium heat. Peel and dice **onion**. Add to pan with crushed **garlic** and cook for 3-5 minutes or until softened.



4. COOK THE GNOCCHI

Add **gnocchi** to boiling water and cook for 2-3 minutes or until the **gnocchi** floats. Remove with a slotted spoon and add it straight into the **sauce** (see next step).

tip If it is easier for you, drain gnocchi then add straight into sauce instead.



2. SIMMER THE SAUCE

Dice **tomato** and grate (or dice) **zucchini**. Add to pan as you go. Pour in **sugo** and **1/2 jar water**. Cover and cook for 10 minutes. Season with **1 tsp Italian herbs, salt and pepper**.

tip Peel and finely grate the zucchini to hide it in the sauce.



5. TOSS GNOCCHI WITH THE SAUCE

Stir in **1/3 packet parmesan cheese**. Gently combine and season with **salt and pepper**.



3. ADD THE CHICKEN

Separate the **chicken** using your hands. Add to **sauce** with **1/2 tsp sugar** and simmer for 3 minutes or until warmed through.



6. FINISH AND SERVE

Serve **gnocchi** at the table and top with **remaining parmesan cheese** to taste.