



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

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



4/6 Servings



Chicken

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FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
GARLIC CLOVES	2	3
CHERRY TOMATOES	200g	2 x 200g
ZUCCHINI	1	1
TOMATO SUGO / PASTA SAUCE	1 jar	2 jars
PRECOOKED CHICKEN	1 packet	2 packets
GNOCCHI	700g	700g + 500g
PARMESAN CHEESE	1 packet	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.

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.



2. Simmer the Sauce

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

6P - Use 3-4 tsp Italian herbs, 2 x sugo and 1/2 jar water.



3. add the chicken

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

6P - Add chicken to sauce with 1-2 tsp sugar (use to taste).



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.



5. toss Gnocchi with the Sauce

Stir in **1/2 packet parmesan cheese**. Gently combine and season with **salt and pepper**.



6. finish and Serve

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