



### Product Spotlight: Lemon

When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



## Velvety Lemon Chicken Gnocchi

Fresh gnocchi from WA locals, Ipastai, tossed through a velvety lemon and sour cream sauce with spinach and lemon pepper chicken schnitzels.

### Add to it!

*Was to add to this dish? Try grated zucchini or diced brown onion in the sauce, serve with roasted cherry tomatoes, or fresh sliced snow or sugar snap peas.*



25 minutes



2 servings



Chicken

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	39g	41g	103g

## FROM YOUR BOX

LEMON	1
GARLIC CLOVE	1
BABY SPINACH	60g
CHICKEN SCHNITZELS	300g
SOUR CREAM	1 tub
GNOCCHI	500g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, lemon pepper, stock cube of choice

## KEY UTENSILS

large frypan, saucepan

## NOTES

Many lemon pepper seasonings already contain salt and pepper. You can season your chicken further with salt and pepper if desired.

Substitute oil for butter for a richer sauce.

**No gluten option** – gnocchi is replaced with GF gnocchi.



### 1. PREPARE THE INGREDIENTS

Bring a large saucepan of water to a boil.

Zest **lemon**. Crush **garlic**. Chop **baby spinach**.



### 2. COOK THE CHICKEN

Coat **chicken** with **oil** and **2 tsp lemon pepper** (see notes). Heat a large frypan over medium-high heat. Add chicken to pan and cook for 4–5 minutes each side. Remove from pan and reduce heat to medium.



### 3. COOK THE SAUCE

Add **2 tbsp oil** (see notes) to pan along with garlic and lemon zest. Sauté for 2 minutes. Add spinach, juice from 1/2 lemon (wedge remaining lemon), **crumbled stock cube** and **sour cream**. Stir to combine and simmer, covered, for 2 minutes.



### 4. COOK THE GNOCCHI

Add **gnocchi** to boiling water and cook for 2–3 minutes until tender. Reserve **1 cup cooking liquid**. Drain or remove gnocchi with a slotted spoon.



### 5. TOSS THE GNOCCHI

Add gnocchi and **1/2 cup cooking liquid** to sauce and mix to combine (add extra cooking liquid to loosen if needed). Season to taste with **salt and pepper**. Add chicken back to pan and simmer for 3 minutes.



### 6. FINISH AND SERVE

Divide gnocchi and chicken among shallow bowls. Serve with lemon wedges.



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