



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.



Add to it!

What 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.

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.



25 minutes



2 servings



Chicken

Per serve: **PROTEIN** 45g **TOTAL FAT** 17g **CARBOHYDRATES** 83g

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** and roughly chop **spinach**.



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.



2. COOK THE CHICKEN

Coat **chicken** with **oil** and **1 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.



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.



3. COOK THE SAUCE

Add **1 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), **crumbled stock cube** and **sour cream**. Stir to combine and simmer, covered, for 2 minutes.



6. FINISH AND SERVE

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



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