



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 English spinach and lemon pepper chicken schnitzels.



25 minutes



2 servings



Chicken

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	55g	29g	51g

FROM YOUR BOX

LEMON	1
GARLIC CLOVE	1
ENGLISH SPINACH	1 bunch
CHICKEN SCHNITZELS	300g
SOUR CREAM	1 tub
GNOCCHI	400g

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

English spinach can hide a lot of sand. An easy way to clean it is to place it in a bowl of ice water for half an hour before cooking — the sand will sink to the bottom.

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.



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1. PREPARE THE INGREDIENTS

Bring a large saucepan of water to a boil.

Zest and halve lemon. Crush garlic. Thoroughly wash spinach (see notes) and roughly chop.



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 **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.



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 **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.



6. FINISH AND SERVE

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

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