



### 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 local's, Ipastai, tossed through a velvety lemon and sour cream sauce with spinach and lemon pepper chicken schnitzels.



25 minutes



4/6 servings



Chicken

| Per serve   | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 42g     | 11g       | 59g/67g       |

## FROM YOUR BOX

|                    | 4 PERSON | 6 PERSON    |
|--------------------|----------|-------------|
| LEMON              | 1        | 2           |
| GARLIC CLOVES      | 2        | 3           |
| BABY SPINACH       | 2 x 60g  | 3 x 60g     |
| CHICKEN SCHNITZELS | 600g     | 600g + 300g |
| SOUR CREAM         | 1 tub    | 2 tubs      |
| GNOCCHI            | 700g     | 700g + 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**.

6P – zest 1 lemon.



## 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.

6P – coat chicken with oil and 3 tsp lemon pepper (see notes).



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

6P – use juice from 1 lemon (wedge remaining lemon).



## 4. COOK THE GNOCCHI

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



## 5. TOSS THE GNOCCHI

Add **gnocchi** and **1 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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