

Chicken & Creamy Pesto Gnocchi

with Cherry Tomato Bruschetta & Rocket Salad

PASTA PERFECTION

Grab your meal kit with this number

38



Gnocchi



Snacking Tomatoes



Garlic



Parsley



Chicken Thigh



Savoury Seasoning



Thickened Cream



Basil Pesto



Bake-At-Home Ciabatta



Balsamic Vinaigrette Dressing



Spinach & Rocket Mix



Parmesan Cheese



Flaked Almonds

Prep in: 20-30 mins
Ready in: 35-45 mins

 Eat Me Early

Dig into this trifecta of delectable dishes that bring colour, crunch and mouth-watering flavour to your table in no time. Enjoy a rich and creamy gnocchi packed with succulent chicken pieces, crispy bruschetta and a refreshing rocket salad - there's something for everyone!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
gnocchi	1 large packet	2 large packets
snacking tomatoes	1 medium packet	2 medium packets
garlic	3 cloves	6 cloves
parsley	1 packet	1 packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
thickened cream	1 packet	2 packets
basil pesto	1 packet	2 packets
bake-at-home ciabatta	1	2
balsamic vinaigrette dressing	1 packet	2 packets
spinach & rocket mix	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5325kJ (1273cal)	352kJ (84cal)
Protein (g)	66.3g	4.4g
Fat, total (g)	47.5g	3.1g
- saturated (g)	16.2g	1.1g
Carbohydrate (g)	140.1g	9.3g
- sugars (g)	7.5g	0.5g
Sodium (mg)	2310mg	152.6mg
Dietary Fibre (g)	14.4g	1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Boil the gnocchi

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **gnocchi** in the boiling water until floating on the surface, **2-3 minutes**.
- Reserve **pasta water** (½ cup for 2 people / ¾ cup for 4 people). Drain **gnocchi**, then return to saucepan with a drizzle of **olive oil**.



Bring it all together

- Reduce frying pan to medium heat, then add half the **garlic** and cook until fragrant, **1 minute**.
- Stir in **thickened cream** and the **reserved pasta water** and simmer until slightly reduced, **2-3 minutes**.
- Remove pan from heat and stir through **cooked gnocchi** and **basil pesto** until combined. Season with **salt** and **pepper**.



Get prepped

- Meanwhile, quarter **snacking tomatoes**.
- Finely chop **garlic**.
- Roughly chop **parsley**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken**, **savoury seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



Make the bruschetta

- While chicken is cooking, cut **bake-at-home ciabatta** in half. Toast or grill **ciabatta** to your liking.
- In a medium heatproof bowl, microwave the remaining **garlic** and a drizzle of **olive oil**, in **10 second** bursts, until fragrant.
- To bowl with garlic oil, add **snacking tomatoes**, **parsley** and half the **balsamic vinaigrette dressing**. Season with **salt** and **pepper**. Toss to combine.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.



Serve up

- In a large bowl, combine **spinach & rocket mix** and remaining balsamic vinaigrette dressing.
- Top ciabatta with tomato mixture.
- Divide chicken and creamy pesto gnocchi between bowls. Top with **Parmesan cheese**.
- Serve with cherry tomato bruschetta and rocket salad.
- Top salad with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW37

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