



# Creamy Spiced Chicken Gnocchi with Baby Spinach and Cheese

Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day

5



Diced Chicken Thigh



Gnocchi



Garlic Clove



Chives



Central American  
Style Spice Mix



Tomato Passata



Chicken Stock Paste



Creme Fraiche



Baby Spinach



Grated Hard Italian  
Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, frying pan, colander and garlic press.

## Ingredients

|  | 2P       | 3P         | 4P        |
|--|----------|------------|-----------|
| Diced Chicken Thigh**                    | 210g     | 350g       | 420g      |
| Gnocchi** 13)                            | 500g     | 750g       | 1000g     |
| Garlic Clove**                           | 1        | 1          | 2         |
| Chives**                                 | ½ bunch  | ½ bunch    | 1 bunch   |
| Central American Style Spice Mix         | 1 sachet | 1 sachet   | 2 sachets |
| Tomato Passata                           | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Paste                      | 10g      | 15g        | 20g       |
| Water for the Sauce*                     | 50ml     | 75ml       | 100ml     |
| Creme Fraiche** 7)                       | 75g      | 120g       | 150g      |
| Baby Spinach**                           | 100g     | 100g       | 200g      |
| Grated Hard Italian Style Cheese** 7) 8) | 40g      | 40g        | 80g       |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 623g        | 100g     |
| Energy (kJ/kcal)        | 3426 /819   | 550 /131 |
| Fat (g)                 | 30          | 5        |
| Sat. Fat (g)            | 14          | 2        |
| Carbohydrate (g)        | 93          | 15       |
| Sugars (g)              | 6           | 1        |
| Protein (g)             | 44          | 7        |
| Salt (g)                | 3.59        | 0.58     |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 13) Cereals containing Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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### Cook the Chicken

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **gnocchi**. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **diced chicken thigh** and season with **salt** and **pepper**. Fry until browned on the outside, 5-6 mins, turning occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



### Add the Spinach

Once the **chicken** is cooked, stir the **creme fraiche** into the **sauce**. Bring back up to the boil, then add the **baby spinach** a handful at a time until wilted and piping hot, 1-2 mins. Taste and season with **salt** and **pepper** if needed, then set aside.



### Boil the Gnocchi

Once the pan of **water** is boiling, add the **gnocchi** and simmer until they float to the top, 2-3 mins. Drain well in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop them sticking together. Set aside for frying later. While the **gnocchi** cooks, peel and grate the **garlic** (or use a garlic press). Roughly chop the **chives** (use scissors if easier).



### Fry the Gnocchi

Meanwhile, heat a drizzle of **oil** in another large frying pan on high heat. Once hot, add the **cooked gnocchi** and stir-fry until golden, 6-8 mins. Add the **fried gnocchi** to the **sauce** along with **half** the **grated hard Italian style cheese**, then stir to combine.



### Start the Sauce

Once the **chicken** has browned, add the **garlic** and **Central American style spice mix** to the pan and stir-fry until fragrant, 30 secs. Stir in the **passata**, **chicken stock paste** and **water for the sauce** (see ingredients for amount). Bring to the boil, then lower the heat and simmer gently until the **chicken** is cooked through, 2-3 mins. **IMPORTANT:** The **chicken** is cooked when no longer pink in the middle.



### Serve

When ready, divide the **chicken gnocchi** between your serving bowls. Sprinkle over the **chives** and the remaining **cheese** to finish.

### Enjoy!