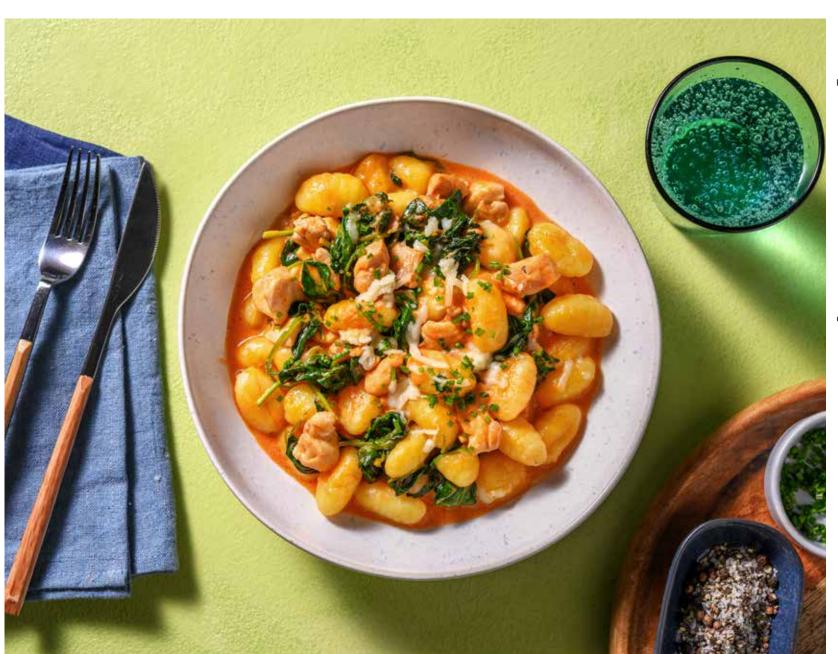


Creamy Spiced Chicken Gnocchi

with Baby Spinach and Cheese

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















Chives

Garlic Clove



Central American Style Spice Mix



Chicken Stock Paste



Tomato Passata



Baby Spinach



Creme Fraiche

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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Cook the Chicken

Bring a large saucepan of water to the boil with 1/2 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.



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).



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.



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.



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.



Serve

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

Enjoy!