

Roasted Red Pepper Gnocchi with Smoky Sausage

We go wild for roasted red pepper sauce. It has a mellow, creamy flavor that has us coming back for seconds. We're serving it up this week over toasted gnocchi and sautéed smoky sausage. Finished with fresh basil pesto cream, it's a sophisticated dinner that's on the table in just thirty minutes.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Gnocchi
Smoky Sausage
Peas & Red Peppers
Roasted Red Pepper
Sauce
Basil Pesto Cream

Make the Meal Your Own

We love the crunchy texture of toasted gnocchi but if you prefer it softer you can boil the gnocchi for 6 to 8 minutes.

Good to Know

Health snapshot per serving – 675 Calories, 27g Protein, 15g Fat, 19 Freestyle Points.

Lightened-Up Health snapshot per serving – 490 Calories, 21g Protein, 12g Fat, 13 Freestyle Points with half the pesto cream and two-thirds of the gnocchi.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Gnocchi, Sausage, Red Peppers, Peas, Ricotta, Garlic, Basil, Lemon, Cream, Wine, Parmesan, Oregano.

meez meals

1. Getting Organized

Preheat oven to 400 degrees.

2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from oven and set aside.

3. Cook the Sausage

While the gnocchi are cooking, cut the **Smoky Sausage** once down the middle lengthwise and then slice each of the two halves into ¼" thick half-moons.

Heat a large skillet over medium-high heat and when the pan is hot, add the sausage and sauté until they are slightly crispy, about 4 minutes. Remove the sausage from the skillet and place on a paper-towel-lined plate.

4. Make the Sauce

Wipe out the skillet and warm over medium heat. Add the **Peas & Red Peppers** and **Roasted Red Pepper Sauce** (the red sauce), and heat until warm, about 2 minutes. Stir in the toasted gnocchi and cooked sausage and remove from heat.

5. Put It All Together

Spoon into bowls and drizzle with the **Basil Pesto Cream**. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois