

# Toasted Gnocchi with Maple-Chive Butternut Squash

We love the crispy outside-tender inside texture that gnocchi gets when it's baked. We're cooking it up this week with butternut squash, kale and a delectable maple-chive-butter that brings a touch of magic to this speedy dinner.

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Large Skillet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Gnocchi
- Kale
- Butternut Squash
- Maple Chive Butter
- Seasoned Onions
- Lemon

## Add Protein Cooking Instructions

**Integrate into recipe:** While the gnocchi and veggies are roasting, cook the protein (per instructions below) and serve alongside the gnocchi.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Good to Know

**If you're making the gluten-free version**, we've given you gluten-free gnocchi.

**Health snapshot per serving** – 650 Calories, 14g Protein, 32g Fat, 83g Carb, 22 Freestyle Points.

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



INGREDIENTS: Gnocchi, Butternut Squash, Kale, Butter, Red Onion, Chive, Maple Syrup, Ginger, White Pepper, Lemon.

*meez* meals

### 1. **Get Organized**

Preheat your oven to 400 degrees.

### 2. **Toast the Gnocchi**

Arrange the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until the gnocchi is slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until Step 5.

### 3. **Roast the Kale and Squash**

Once the gnocchi is in the oven arrange the **Kale** and **Butternut Squash** side-by-side in a single layer on a second baking sheet. Drizzle with olive oil, salt and pepper, then bake until the kale is very crispy and the squash is starting to brown, about 14 to 16 minutes. Remove from the oven and toss together on the baking sheet, then transfer directly to serving bowls.

### 4. **Melt the Butter**

While the kale and squash are cooking, melt the **Maple Chive Butter** in a large skillet over medium low heat. Transfer to a small bowl and set aside until step 6. Do not wipe out the skillet.

### 5. **Sauté the Seasoned Veggies**

Return the now-empty skillet to the stove over medium heat and add 1 Tbsp olive oil. When the oil is hot, add the **Seasoned Onions** and cook until they start to turn translucent, about 2 to 3 minutes. Remove from the heat.

### 6. **Putting it All together**

Top the kale and squash with the toasted gnocchi and seasoned onions. Drizzle the melted maple chive butter over everything and add a squeeze of **Lemon** on top. Enjoy!

Instructions for two servings.

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