

Toasted Gnocchi with Asparagus and Edamame

Farmers' markets are bursting with asparagus, and we're celebrating its season by pairing it with peas and edamame. We sauté them with just enough cream and Parmesan to add some richness, then serve them over toasted gnocchi. The result is fresh, filling and downright delicious. Dinner doesn't get much better than that.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Rimmed Baking Sheet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Potato Gnocchi
Peas &
Edamame
Asparagus
Lemon
Cream Sauce
Parmesan

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve alongside the gnocchi.

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

Health snapshot per serving – 640 Calories, 13g Fat, 34g Protein, 788mg Sodium, 16g Fiber, 18 Smart Points.

If you're making the vegan version, we've left the cream and Parmesan out of your meal. The result is a light, bright meal that we love. Just use a little extra olive oil as you cook.

If you're making the gluten-free version, we've given you gluten-free gnocchi. Check it after 12 to 15 min. because it cooks a bit faster than regular gnocchi.

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



INGREDIENTS: Asparagus, Potato Gnocchi, Edamame, Peas, Heavy Cream, Lemon, Parmesan Cheese

meez meals

1. Get Organized

Preheat your oven to 400.

2. Toast the Gnocchi

Place the **Potato Gnocchi** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer and 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. Sauté the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium high heat. Add the **Peas & Edamame** and cook for 3 minutes. Add the **Asparagus** and cook until it turns bright green and starts to char, about 5 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Create the Sauce

Cut the **Lemon** in half and squeeze the juice from one half into the pan. Add the other half of the lemon to the now-empty skillet, cut-side-down. Add the **Cream Sauce, Parmesan** and the toasted gnocchi, stir and heat the contents of the skillet over medium high heat until warmed throughout, about 2 to 3 minutes.

5. Put It All Together

Serve the gnocchi alongside the veggies and squeeze a little bit of lemon juice over top . Enjoy!

Instructions for two servings.

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