

Italian Toasted Gnocchi

There's something magical about gnocchi when it's toasted. Crispy on the outside, tender on the inside, and totally delicious. We're tossing it with a rich tomato and herb sauce, sautéed spinach and shaved parmesan.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Sauté Pan with cover

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Gnocchi
Spinach
Tomato & Herb Sauce
Parmesan

Good to Know

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 stir into the gnocchi in Step 4.

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

Health snapshot per serving – 453 Calories,
20g Protein, 5g Fat, 11 Freestyle Points.0

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to view YouTube
cooking video



INGREDIENTS: Gnocchi, Spinach, Parmesan, Tomato, Ricotta, Oregano, Basil

meez *meals*

1. **Getting Organized**

Preheat oven to 400 degrees.

2. **Toast the Gnocchi**

Place the **Gnocchi** on a baking sheet, brush with Olive Oil, and lightly salt and pepper. Bake until gnocchi are slightly crispy on the outside, 16 to 18 minutes.

3. **Cook the Spinach and Sauce**

While the Gnocchi is toasting, heat 1½ Tbsp olive oil in a large skillet over medium heat. Add **Spinach** and sauté until spinach is wilted, 3 to 4 minutes.

Add **Tomato and Herb Sauce** and cook for another 2 minutes. Remove from heat, cover, and set aside.

4. **Finish and Serve**

Combine toasted gnocchi with spinach and tomato sauce over medium-high heat and warm until entire mixture is hot, about 1 minute.

Top with **Parmesan** cheese and enjoy!

Instructions for two servings.

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