

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

CHICKEN - While the gnocchi and veggies are roasting, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Serve alongside the gnocchi in Step 6.

STEAK - While the gnocchi and veggies are roasting, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for **medium** (3 min **med-rare** and 5-6 min for **well done**). Let rest for 5 minutes. Serve alongside the gnocchi in Step 6.

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees.

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.

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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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