

Toasted Gnocchi with Mint-Basil Pesto

There's something magical about gnocchi when it's toasted. It gets crispy on the outside, tender on the inside, and totally delicious. We're tossing it with kale and a mint-basil pesto, then topping it with almonds and cranberries. It is an unexpected flavor combination you will just love.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Gnocchi
Kale
Mint-Basil Pesto
Almonds &
Cranberries
Lemon

Add Protein Cooking Instructions

Integrate into recipe: While the gnocchi is toasting in step 3, cook the protein (per instructions below) and tserve alongside 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.

Make The Meal Your Own

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

Health snapshot per serving – 660 Calories, 28g Protein, 16g Fat, 99g Carb, 20 Freestyle Points.

Lightened-Up Health snapshot per serving – 530 Calories, 9g Fat, 88g Carb, 15 Freestyle Points with half the pesto and half the almonds and cranberry.

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



INGREDIENTS: Gnocchi, Kale, Ricotta, Parmesan, Almonds, Cranberries, Garlic, Basil, Olive Oil, Lemon, Mint

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Toast the Gnocchi

Arrange the **Gnocchi** on a rimmed 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 the oven and set aside till step 4.

3. Roast the Kale

While the gnocchi is cooking, on a second rimmed baking sheet, arrange the **Kale** in a single layer and drizzle with olive oil, salt and pepper. Place in the oven and cook until the edges start to crisp, about 13 to 15 minutes. Remove the kale from the oven and while still on the baking sheet combine with half the **Mint-Basil Pesto**.

4. Put It All Together

Transfer the gnocchi and kale to serving bowls, toss and add remaining Mint-Basil Pesto to taste. Top with the **Almonds & Cranberries** and a generous squeeze of **Lemon**. Enjoy!

We line our baking sheets with parchment paper to make clean up a breeze.

Love this recipe? #meezmagic

Instructions for two servings.

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