



Cheesy Chicken and Pesto Gnocchi with Green Beans

40 Minutes



Chicken Breasts



Gnocchi



Italian Seasoning



Parmesan Cheese



Basil Pesto



Green Beans

HELLO GNOCCHI

Italian potato-like dumplings!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, microplane/zester, medium pan, measuring spoons, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Gnocchi	500 g	1000 g
Italian Seasoning	1 tbsp	2 tbsp
Parmesan Cheese	¼ cup	½ cup
Basil Pesto	¼ cup	½ cup
Green Beans	170 g	340 g
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

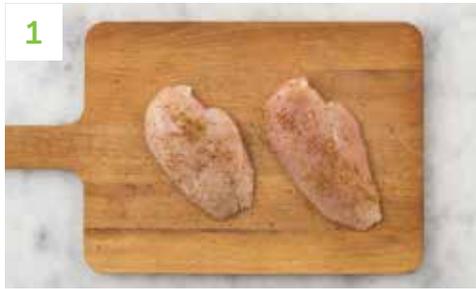
Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Trim the **green beans**, then cut into ½-inch pieces. Pat the **chicken** dry with paper towels. Season **chicken** all over with the **Italian Seasoning, salt and pepper**.



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer **chicken** to a parchment-lined baking sheet and sprinkle with the **Parmesan**. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.**



Cook gnocchi

While **chicken** bakes, heat the same pan over medium. When hot, add **1 tbsp oil**, then **gnocchi**. Cook, stirring occasionally, until golden-brown, 7-8 min. (**NOTE:** For 4 ppl, cook 1 pkg gnocchi at a time, using 1 tbsp oil for each batch!)



Cook green beans

While the **gnocchi** cooks, heat a medium pan over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **green beans** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt and pepper**.



Finish gnocchi

Add **pesto, green beans** and **2 tbsp water** (dbl for 4 ppl) to the pan with the **gnocchi**. Cook, stirring until coated, 1-2 min. Season with **salt and pepper**. Remove the pan from the heat. Add **1 tbsp butter** (dbl for 4 ppl) and toss until coated, 1 min.



Finish and serve

Slice the **chicken**, then divide **chicken** and **gnocchi** between plates.

Dinner Solved!