






More than Food

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## Chicken Meatballs & Gnocchi

with Sage, Apple, and Parmesan

These meatballs are extra hearty thanks to grated onion and apple mixed right into the filling. Tender gnocchi, earthy sage, and baked apples complete the dish for a unique fall flavor.



45 min



level 2



nut free



Ground Chicken



Gnocchi, fresh



Granny Smith Apple



Yellow Onion



Baby Spinach



Sage, fresh



Parmesan, shredded

## Ingredients

	2 People	4 People
Ground Chicken	8 oz	16 oz
Gnocchi, fresh	1) 2)	18 oz
Granny Smith Apple	1	2
Yellow Onion	1	2
Baby Spinach	5 oz	10 oz
Sage, fresh	¼ oz	½ oz
Parmesan, shredded	¾ C	½ C
Butter*	2 T	4 T
Oil*	1 T	2 T

\*Not Included

## Allergens

1) Wheat

2) Eggs

3) Milk

## Tools

Large Pot, Strainer,

Baking Sheet,

Large Pan, Grater,

Large Bowl

Ruler

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**Nutrition per person** Calories: 636 cal | Carbs: 59 g | Fat: 31 g | Protein: 40 g | Fiber: 8 g | Sodium: 906 mg

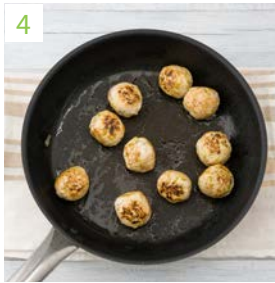
Make sure to wash and dry produce before prepping or cooking!



**1 Prep the ingredients:** Preheat the oven to 400 degrees. Bring a large pot of water with a large pinch of **salt** to a boil. Finely chop the **sage** leaves. Halve, peel and grate **half of the onion** into a large bowl. Halve and core the **apple**. Grate **half of the apple** into the bowl with the grated onion. Thinly slice the **remaining apple** into ¼-inch wedges. Thinly slice the **remaining onion**.



**2 Bake the apple:** Toss the **apple wedges** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Bake in the oven for 5-7 minutes until slightly softened.



**3 Form the meatballs:** Add the **ground chicken** to the bowl with the grated **apple** and **onion**. Stir to combine and season generously with **salt** and **pepper**. Form the mixture into golf ball-sized **meatballs**.

**4 Cook the meatballs:** Heat another drizzle of **oil** in a large pan over medium-high heat. Add the **meatballs** to the pan and cook, rotating occasionally, until cooked through and golden brown on all sides, for 8-10 minutes. Set aside.



**5 Cook the gnocchi:** While the meatballs cook, add the **gnocchi** to the boiling water and cook for 7-9 minutes, until tender. Drain, reserving **1 cup of pasta water**.

**HINT:** When the gnocchi float to the top of the water, they are probably done!

**6** Heat another drizzle of **oil** in the same pan you cooked the **meatballs** in over medium heat. Add the sliced **onion** to the pan and cook for 4-5 minutes, until softened. Season with **salt** and **pepper**.

**7** Add the **gnocchi** to the pan along with the **sage**, **spinach**, **2 Tablespoons butter**, and a **splash of pasta water** if necessary. Toss until the **spinach** wilts and the sauce thickens, for 2-3 minutes. Season with **salt** and **pepper**. Stir the **Parmesan cheese**, **baked apple wedges**, and **chicken meatballs** into the pan. Divide between bowls and enjoy!