

Chicken Meatball Gnocchi

with Sage, Apple and Spinach

These chicken meatballs are super flavourful thanks to our secret ingredients: grated apples and carrots! Together with gnocchi, baked apple slices, spinach and sage, this makes for a delicious meal for the entire family!





Ground Chicken



Sage



Gnocchi





Panko





Parmesan Cheese



Onion



Baby Spinach



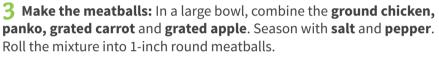
Granny Smith Apple

Ingredients		4 People	*Not Included .⊆_
Ground Chicken		2 pkg (500 g)	. <u>=</u>
Gnocchi	1)	2 pkg (1000 g)	Allergens % ⁴ -
Panko Breadcrumbs	1)	1 pkg (½ cup)	1) Wheat/Blé
Onion, sliced		1 pkg (113 g)	7) Milk/Lait
Baby Spinach		1 pkg (113 g)	- 7 - 7 - 7 - 1
Granny Smith Apple		2	Ruler 0 in 1
Sage		1 pkg (7 g)	~ 0
Carrot		1	Tools
Parmesan Cheese, shredded	2)	1 pkg (½ cup)	Large Pot, Grater, Large Bowl,
Butter*	2)	2 tbsp	Large Non-Stick Pan, 2 Baking Sheets, Strainer
Olive or Canola Oil*			

Nutrition per person Calories: 768 cal | Fat: 23 g | Protein: 42 g | Carbs: 109 g | Fibre: 7 g | Sodium: 1021 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



- 1 Preheat the oven to 425°F (to bake the apples and meatballs). Start prepping when the oven comes up to temperature!
- **2 Prep: Wash and dry all produce.** Bring a large pot of **salted water** to a boil. Coarsely grate **one apple** and thinly slice the **second apple** into ¼-inch wedges. Coarsely grate the **carrot**. Roughly chop the **sage leaves**.





4 Cook the meatballs: Heat a large non-stick pan over medium-high heat. Add the meatballs. Cook, turning often, until brown all over, about 1 min per side. Transfer the meatballs to a baking sheet. (It's okay if the meatballs are not cooked through at this step!) Bake in the centre of the oven until the meatballs are cooked through, 8-10 min.



- **5** Bake the apples: Toss the apple slices and onions on another baking sheet with half the sage and a drizzle of oil. Season with salt and pepper. Bake in the centre of the oven until the apple slices are tender and golden around the edges, 8-10 min.
- **6 Cook the gnocchi:** Meanwhile, add the **gnocchi** to the boiling water. Cook, until gnocchi floats to the top, 7-9 min. Drain.
- **Make the sage-brown butter sauce:** Meanwhile, heat the same large non-stick pan over medium heat. Add the **butter** and melt, swirling the pan occasionally. When the butter becomes foamy, keep swirling until it smells nutty and turns dark brown, 2-4 min. (**TIP:** Keep your eye on the butter so it doesn't burn!) Remove from the heat and stir in the **gnocchi, spinach** and **remaining sage**. Stir together until spinach wilts, 1-2 min.
- **8** Finish and serve: Stir the Parmesan, baked apple wedges and chicken meatballs into the gnocchi. Divide between bowls and enjoy!