



MAR
2017

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!

 Prep
35 min



Ground Chicken



Gnocchi



Panko
Breadcrumbs



Onion



Baby Spinach



Granny Smith Apple



Sage



Carrot



Parmesan Cheese

Ingredients

		4 People	
Ground Chicken		2 pkg (500 g)	
Gnocchi	1)	2 pkg (1000 g)	
Panko Breadcrumbs	1)	1 pkg (½ cup)	
Onion, sliced		1 pkg (113 g)	
Baby Spinach		1 pkg (113 g)	
Granny Smith Apple		2	
Sage		1 pkg (7 g)	
Carrot		1	
Parmesan Cheese, shredded	2)	1 pkg (½ cup)	
Butter*	2)	2 tbsp	
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Large Pot, Grater, Large Bowl, Large Non-Stick Pan, 2 Baking Sheets, Strainer

Ruler

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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**.

3 Make the meatballs: In a large bowl, combine the **ground chicken**, **panko**, **grated carrot** and **grated apple**. Season with **salt** and **pepper**. Roll the mixture into 1-inch round meatballs.

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.

7 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!

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