



20-min: Skillet Chicken & Gnocchi Parmesan

with Chopped Italian Salad



ca. 20min



2 Servings

One skillet dinners are the key to a fast meal and easy clean-up! For our speedy spin on an Italian-American classic, we combine pillowy potato gnocchi with marinara sauce and pre-sliced chicken breast strips with a blanket of mozzarella and Parmesan cheese that melts under the broiler. Romaine and roast red pepper chopped salad tossed in a tangy vinaigrette alongside completes this weeknight-approved dinner. Mangia!

What we send

- 1 oz panko ^{1,6}
- ¼ oz Italian seasoning
- 1 pkg gnocchi ^{1,17}
- 2 oz roasted red peppers
- 3¾ oz mozzarella ⁷
- ¾ oz Parmesan ⁷
- ½ lb pkg chicken breast strips
- 8 oz marinara sauce
- 1 romaine heart

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)
- sugar

Tools

- medium ovenproof skillet
- microplane or grater

Allergens

Wheat (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1300kcal, Fat 76g, Carbs 106g, Proteins 58g



1. Toast panko

Preheat broiler with a rack in the upper third.

Heat **2 tablespoons oil** in a medium ovenproof skillet over medium-high. Add **panko** and cook, stirring occasionally, until golden brown and toasted, 3-4 minutes (watch closely). Transfer toasted panko to a small bowl; stir in **¼ teaspoon Italian seasoning**. Wipe out skillet.



4. Build sauce & broil

Return **gnocchi** to skillet with **chicken**. Add **marinara sauce**, **½ cup water**, and **half of the Parmesan**; bring to a simmer. Top gnocchi with **mozzarella**; transfer to broiler.

Broil on upper oven rack until cheese is bubbling and browned, 2-4 minutes (watch closely as broilers vary).



2. Cook gnocchi

Heat **2 tablespoons oil** in same skillet over medium-high. Gently break apart any **gnocchi** that are stuck together and carefully add to skillet in a nearly even layer. Cook, without stirring, until well browned and crisp on the bottom, 4-5 minutes. Transfer to a medium bowl. Wipe out skillet.



5. Make vinaigrette

Meanwhile, in a large bowl, whisk to combine **3 tablespoons oil**, **1½ tablespoons vinegar**, **¼ teaspoon Italian seasoning**, and **a pinch of sugar**. Season vinaigrette to taste with **salt** and **pepper**.

Cut **romaine** crosswise into 1-inch pieces; discard stem end.



3. Prep ingredients

Meanwhile, cut or tear **roasted red peppers** into bite-sized pieces. Cut or tear **mozzarella** into bite-sized pieces. Finely grate **Parmesan**.

Pat **chicken** dry and season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook, stirring occasionally, until browned and cooked through, 3-5 minutes.



6. Finish & serve

Add **romaine** and **roasted red peppers** to bowl with **vinaigrette** and toss to combine.

Sprinkle **toasted panko** and **remaining Parmesan** over **gnocchi and chicken** and serve with **salad** alongside. Enjoy!