



Lemony Chicken & Kale Gnocchi

with Ricotta & Cheesy Breadcrumbs



20-30min



2 Servings

True Italian cuisine is all about the ingredients, and this dish is a perfect example of that beautiful simplicity. Tender potato gnocchi and hearty kale are sautéed with bright, tangy lemon juice and then finished with lean chicken strips, creamy ricotta, and crispy Parmesan breadcrumbs.

What we send

- 17.6 oz gnocchi ¹
- 1 bunch Tuscan kale
- garlic
- 1 lemon
- 1 oz panko ¹
- 1 pkt crushed red pepper
- 4 oz ricotta ²
- ¾ oz Parmesan ²
- 10 oz pkg chicken breast strips

What you need

- kosher salt & ground pepper
- olive oil

Tools

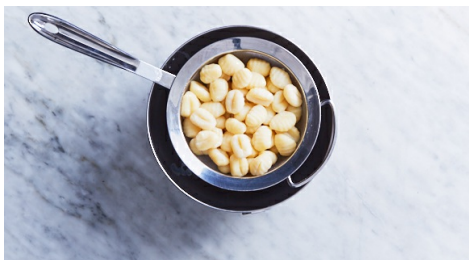
- medium pot
- microplane or grater
- medium skillet

Allergens

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 950kcal, Fat 31g, Carbs 107g, Protein 62g



1. Cook gnocchi

Bring a medium pot of **salted water** to a boil. Add **gnocchi** and cook, gently stirring, until tender, about 2 minutes. Reserve **½ cup cooking water**, then drain. Return gnocchi to pot off heat.



2. Prep ingredients

Meanwhile, strip **kale leaves** from stems and tear into bite-size pieces, discarding stems. Thinly slice **2 large garlic cloves**. Finely grate **Parmesan**, if necessary. Finely grate **½ teaspoon lemon zest** and squeeze **2 tablespoons lemon juice** into a small bowl.

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



3. Make breadcrumbs

In a second small bowl, combine **panko** and **2 tablespoons of the Parmesan**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **breadcrumb mixture** and cook, stirring often until golden, 5-6 minutes. Transfer to a bowl; season to taste with **salt**. Wipe out skillet.



4. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** in a single layer and cook, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer chicken to a plate. Wipe out skillet.



5. Cook kale

Heat **2 tablespoons oil** in same skillet over medium-high. Add **sliced garlic** and **½ teaspoon crushed red pepper** (or more depending on heat preference). Cook, stirring, until fragrant, about 1 minute. Add **kale** and cook, stirring until wilted, about 4 minutes. Season to taste with **salt** and **pepper**.



6. Serve

Add **chicken, gnocchi, lemon juice and zest**, and **¼ cup cooking water**; bring to a simmer. Add **remaining Parmesan**; toss to combine. Off heat, add **2 tablespoons of the remaining cooking water**; stir until sauce is creamy (thin with more cooking water, if needed). Serve **gnocchi** with a **dollop of ricotta** and sprinkle with **breadcrumbs**. Drizzle all over with **olive oil**. Enjoy!