



Creamy Pulled Chicken & Gnocchi Bake

with Radish Salad & Parsley

READY TO COOK

Grab your Meal Kit with this symbol



Gnocchi



Pulled Chicken



Aussie Spice Blend



Garlic Paste



Grated Parmesan Cheese



Cream



Radish



Deluxe Salad Mix



Shredded Cheddar Cheese



Parsley

Prep in: 5-15 mins
Ready in: 30-40 mins

Enjoy a home-cooked meal with minimal prep and fuss! Simply pop the pre-prepped ingredients in the oven to cook and quickly assemble for a delicious and wholesome dinner. Chicken and gnocchi in a creamy sauce is the flavour of comfort in a bowl. So dig in and enjoy this easy and homey meal.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium or large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
gnocchi	1 packet	2 packets
pulled chicken	1 packet	1 packet
Aussie spice blend	1 medium sachet	1 large sachet
garlic paste	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
cream	½ packet (125ml)	1 packet (250ml)
water*	1 cup	2 cups
radish	2	4
deluxe salad mix	1 large bag	2 large bags
vinegar* (white wine or balsamic)	drizzle	drizzle
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3770kJ (901Cal)	679kJ (162Cal)
Protein (g)	47.2g	8.5g
Fat, total (g)	37.6g	6.8g
- saturated (g)	22.5g	4.1g
Carbohydrate (g)	92g	16.6g
- sugars (g)	6.5g	1.2g
Sodium (mg)	2519mg	453mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Bake the gnocchi

- Preheat oven to **240°C/220°C fan-forced**. Place **gnocchi** in a baking dish.
- Drizzle with **olive oil** (2 tbs for 2 people / ¼ cup for 4 people).
- Season, toss to coat and spread out evenly. Bake until golden, **10-14 minutes**.

Add the sauce

- Remove **gnocchi** from the oven, then add **pulled chicken**, breaking up with a spoon.
- Stir in **Aussie spice blend**, **garlic paste**, **grated Parmesan cheese**, **cream** (see **ingredients**) and the **water**.
- Return to the oven, then bake until sauce has reduced, **10-12 minutes**. Season to taste.
- Meanwhile, thinly slice **radish**.
- In a large bowl, combine **deluxe salad mix**, **radish** and a drizzle of **vinegar** and **olive oil**. Season to taste.

Serve up

- Divide creamy pulled chicken and gnocchi bake between bowls.
- Top with **shredded Cheddar cheese**. Tear over **parsley** to garnish.
- Serve with radish salad. Enjoy!

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