

get joyfull



Firecracker Chicken & Gnocchi

Fresh boneless chicken thighs are cooked to perfection, and nestled in a creamy, uncompromisingly delicious sauce of Parmesan cheese, sun-dried tomato, zucchini and potato gnocchi.



Serves: 4-6

INGREDIENTS

- 1 Tbsp (15 mL) canola oil
- 8 boneless skinless chicken thighs, cubed
- 2 shallots, minced
- 2 cloves garlic, minced
- 1 medium zucchini, finely diced
- 1 Tbsp (15 mL) Italian seasoning
- 1 Tbsp (15 mL) red pepper flakes (divided)
Reduce if you like less of a kick!
- ¼ cup (60 mL) sun-dried tomatoes, chopped
- ½ cup (125 mL) chicken stock
- ½ cup (125 mL) 10% cream
- 400 g fresh potato Gnocchi
- 1 cup (250 mL) kale, finely chopped
- ¾ cup (175 mL) Parmesan, grated (divided)
- Salt and pepper to taste
- Juice 1 lemon
- Fresh oregano, optional garnish

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“Loaded with energy, iron and protein, fresh chicken thighs are often the secret ingredient I use to amp-up flavour and fuel family fun!”

- Registered Dietitian, Emily Mardell



DIRECTIONS

1. Set the grill of choice to medium-high and preheat the cast iron skillet or Dutch oven.
2. Add oil to the pan and quickly follow with diced chicken thighs. Cook for 2-3 minutes, stirring regularly for even cooking.
3. Add shallot, garlic and saute for another minute.
4. Add zucchini and season with Italian seasoning and 2 tsp pepper flakes. Cook for another 2-3 minutes.
5. Add sun-dried tomatoes, chicken stock, cream and gnocchi. Cover and reduce heat to medium and simmer for 5 minutes.
6. Add chopped kale, ½ cup Parmesan and stir. Cook for another minute. Adjust seasoning as desired. Just before serving, squeeze juice of ½ lemon, and top with remaining Parmesan cheese and remaining red pepper flakes. Serve immediately with your side of choice. We love crusty garlic bread. We did this on the open fire right in our frying pan and it turned out perfectly!

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