



## Spicy Sausage & Kale Gnocchi One Pot



Savor the bold flavors of our Spicy Sausage & Kale Gnocchi One Pot—a delightful fusion of crispy sausage pieces, soft gnocchi, and vibrant greens. This dish combines the robustness of sausages with the tenderness of gnocchi and the freshness of broccoli and kale. Garnished with fresh parsley, it offers a spicy and satisfying one-pot experience that captivates the palate with every bite.

### Nutritional Info

Calories: 791.5 kcal  
Carbohydrates: 113.5 g  
Protein: 39 g  
Fat: 19.5 g

### Ingredients

- |                       |                      |                    |
|-----------------------|----------------------|--------------------|
| • Jalapeno sausages   | • Spinach            | <b>Your Pantry</b> |
| • Grated parmesan     | • Fresh parsley      | • Olive Oil        |
| • Tenderstem broccoli | • Chicken stock cube | • Salt & Pepper    |
| • Garlic clove        |                      |                    |
| • Gnocchi             |                      |                    |

### Allergens

Celery (Stock cube - may also contain traces of Egg, Soya & Mustard)  
Wheat (Sausages)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### **1) Make the stock**

Make the chicken stock up with 500ml of boiling water per cube. Then set aside 60ml per person portion for the dish.

### **2) Prepare the ingredients**

Peel and crush the garlic. Remove the dry stalk ends from the tenderstem broccoli and then cut into thirds. Slice each sausage into about 5 pieces. Finely chop the fresh parsley and set side.

### **3) Cook the sausages**

Heat a little oil in a large frying pan or wok over a medium heat. Add in the sausage and cook. Once cooked and getting crispy. Remove from the pan and set aside on a plate lined with paper kitchen towel.

### **4) Cook the gnocchi**

Place the frying pan or wok back on the heat and add the crushed garlic and gnocchi. Stir fry for a minute, and then add in the chicken stock, and tenderstem broccoli. Once bubbling, cover the pan with a lid and cook for 3 mins, then stir in the baby kale. Cook for 2 mins more or until the gnocchi is tender and the kale has

### **5) Serve the Dish**

Serve the steaming gnocchi in large bowls or dishes and sprinkle over the cooked crispy sausage pieces. Garnish with the fresh parsley.