

Brown Butter Gnocchi

Hello, Summer! We're tossing sautéed zucchini and squash with toasted gnocchi and fresh tomatoes. With a super-easy brown butter sauce, this dinner is simple and delicious!

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Butter (1½ Tbsp
per serving)
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Gnocchi
Grape Tomatoes
Garlic & Onions
Zucchini & Squash

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve alongside the gnocchi.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Hot & Cold: This dish makes a great pasta salad. Cook everything in advance and chill. Just wait to add the tomatoes in the final step until you're ready to serve.

Health snapshot per serving – 600 Calories, 16g Protein, 19g Fat, 18 Freestyle Points.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Gnocchi, Zucchini, Squash, Tomato, Garlic, Onion, Butter.

meez meals

1. Getting Organized

Preheat oven to 400 degrees.

2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside.

3. Cook the Tomatoes

While the gnocchi is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Carefully pour the entire contents of the ziplock bag into the skillet. Add the **Garlic & Onions** and cook, stirring occasionally, until most of the liquid has evaporated and the tomatoes have softened, about 7 to 9 minutes. Remove the tomatoes, garlic & onions from the heat and set aside.

4. Cook the Veggies & Make the Butter Sauce

Wipe out the skillet and return to the stove over medium-high heat with 1 Tbsp olive oil. When the oil is hot, add the **Zucchini & Squash** and cook until the edges are brown, about 2 to 3 minutes.

Reduce heat to medium and add 3 Tbsp butter. Cook until the butter turns brown and then immediately remove from the heat.

5. Put It All Together

Add the gnocchi to the skillet and stir until they are well coated with butter. Stir-in the tomatoes, garlic & onions and enjoy!

Instructions for two servings.

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