



In your box

4 oz. Shredded Mozzarella
4 Tbsp. Basil Pesto
12 oz. Precooked Gnocchi
6 oz. Swiss Chard
6 fl. oz. Marinara Sauce

Customize It Options

10 oz. Antibiotic-Free Ground Beef
12 oz. Diced Boneless Skinless
Chicken Breasts
10 oz. Ground Beef

*Contains: milk, wheat

You will need

Olive Oil
Large Oven-Safe Non-Stick Pan



Caprese Gnocchi

with Swiss chard and mozzarella

NUTRITION per serving—Calories: 657, Carbohydrates: 73g, Fat: 30g, Protein: 21g, Sodium: 1722mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

7 days

Difficulty Level

Easy

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat the broiler

Customize It Instructions

- Meatlovers! Add proteins with **Swiss chard stems** in Step 3. If using **diced chicken** pat dry and season with ¼ tsp. **salt** and a pinch of **pepper**. Once Swiss chard leaves are added, stir occasionally until chicken reaches minimum internal temperature, 4-5 minutes. If using **ground beef**, season with ¼ tsp. salt and a pinch of pepper. Once Swiss chard leaves are added, stir occasionally until no pink remains on beef, 4-5 minutes. *Drain pan if desired.*

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Stem **Swiss chard** and trim stalks. Cut stems into ¼" slices and coarsely chop leaves. Keep leaves and stems separate.



2

Cook the Gnocchi

- Place a large oven-safe non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **gnocchi** to hot pan and stir occasionally until tender, 5-7 minutes.
- Transfer gnocchi to a plate. Keep pan over medium-high heat.



3

Cook the Swiss Chard

- Add 2 tsp. **olive oil** and **Swiss chard stems** to hot pan. Stir occasionally until tender, 3-4 minutes.
- Add **Swiss chard leaves**. Stir occasionally until leaves are wilted, 4-5 minutes.



4

Add the Sauce

- Stir **marinara sauce** and **gnocchi** into pan until fully combined. Sprinkle with **cheese** and dollop with **pesto**.
- Remove from burner.



5

Finish the Dish

- Place pan under hot broiler and broil until **cheese** is melted and bubbly, 2-3 minutes.
- Keep an eye on oven as **cheese may brown quickly under broiler**.
- Carefully, (handle will be hot!), remove from oven.
- Plate dish as pictured on front of card. Bon appétit!