



CHICKEN & MUSHROOM GNOCCHI BAKE

INGREDIENTS

200g gnocchi

1 medium onion – diced

100g mushrooms - sliced

1/2 teaspoon vegetable oil

1 small cooked chicken breast - sliced

150g frozen peas - defrosted

1 can mushroom soup

1 teaspoon dried mixed herbs

1 teaspoon dried parsley

1/2 teaspoon garlic granules

(or 1 clove garlic - chopped)

1 level teaspoon cornflour (or plain flour)

15ml (3 teaspoons) water

40g wholemeal breadcrumbs

25g reduced fat mature cheese – grated

EQUIPMENT

large saucepan, wooden spoon, colander,
chopping board, sharp knife,
can opener, teaspoon, small mixing bowl,
medium sized oven proof dish, grater

MAKES: 4

PREP TIME: 20 minutes

COOK TIME: 15 minutes

ALLERGENS: cereals containing gluten,
milk, egg, mustard

METHOD

- 1** Half fill a large saucepan with cold water. Place the pan on the hob and bring to the boil. Carefully add the gnocchi and cook for 2 minutes (until the gnocchi floats to the top) then drain and set aside.
- 2** Heat the oil in the saucepan. Add the onions and mushrooms and cook for 3-4 minutes until softened.
- 3** Once cooked, remove the saucepan from the heat and add the drained gnocchi, chicken, peas, mushroom soup, herbs and garlic.
- 4** In a small bowl, mix the cornflour (or plain flour) with 3 teaspoons of water to make a runny paste. Then add the paste to the saucepan and mix everything together.
- 5** Transfer the mixture to an ovenproof dish. Then sprinkle over the breadcrumbs and cheese and bake a preheated oven (190°C/Gas5) for 10-15 minutes until the cheese has melted and the top is crispy and golden brown.
- 6** Serve the Gnocchi Bake on its own or with some steamed vegetables or a green salad.



WWW.COOKINGTOGETHER.CO.UK

THE **hapi**
cook-a-long



HEALTHY RECIPES * RYSETIAU IACH