

One-Pan Chicken & "Dumplings"

with Carrots & Thyme

TIME: 35-45 minutes

SERVINGS: 4

It doesn't get much more comforting than tonight's chicken and "dumplings," made with pillowy, bite-sized gnocchi. Our chicken, gnocchi, and winter vegetables all come together in a rich gravy, seasoned with fresh thyme and aromatic spices. (Chefs, your turnip may be red or purple-topped!)



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



1 1/2 lbs
CHOPPED
CHICKEN BREAST



1 17.6-oz package
GNOCCHI



3/4 cup
LOW-FAT OR
WHOLE MILK



3
CARROTS



2 stalks
CELERY



1
TURNIP



1
YELLOW ONION



1 bunch
THYME



3 Tbsps
ALL-PURPOSE
FLOUR



2 Tbsps
BUTTER



1 Tbsp
WEEKNIGHT
HERO SPICE
BLEND*



1/3 cup
CHICKEN BONE
BROTH

* Garlic Powder, Onion Powder, Smoked Paprika, & Whole Dried Parsley



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the **celery** and **turnip**. Peel and medium dice the **carrots** and **onion**.
- ☐ Pick **half the thyme** leaves off the stems; discard the stems. Keep the **remaining thyme** sprigs whole.

2 Brown the chicken:

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper. In a large, high-sided pan (or pot), heat 2 tablespoons of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken in an even layer and cook, without stirring, 2 to 3 minutes, or until lightly browned.



3 Add the vegetables:

- ☐ Add the **butter**, **diced celery**, **diced carrots**, **diced turnip**, **diced onion**, and **whole thyme sprigs** to the pan; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until the vegetables have softened and the chicken is cooked through.
- ☐ Evenly top with the **flour** and **spice blend**. Cook, stirring frequently, 1 to 2 minutes, or until the vegetables and chicken are evenly coated.

4 Make the gravy:

- ☐ Add the **milk** and **2 cups of water** to the pan; season with salt and pepper. Heat to boiling on high.
- ☐ Once boiling, reduce the heat to medium-high and cook, stirring occasionally, 6 to 8 minutes, or until thickened.



5 Add the gnocchi:

- ☐ Add the **gnocchi** and **broth** to the pan. Increase the heat to high and cook 3 to 5 minutes, or until the gnocchi are tender.
- ☐ Turn off the heat. Carefully remove and discard the **whole thyme sprigs**. Season with salt and pepper to taste.



6 Serve your dish:

- ☐ Garnish the **finished chicken, vegetables, and gnocchi** with as much of the **thyme leaves** as you'd like. Enjoy!