Chicken and Gnocchi Recipes

Tender chicken and potato gnocchi simmer together in a creamy garlic sauce with wilted baby spinach for a simple one-pan meal.

TOTAL 40 min	PREP 15 min	COOK 25 min	YIELD 4 servings	LEVEL EASY



One individual serving of creamy chicken and gnocchi. | Featured image

Ingredients

- 1 1/2 lb (680 g) boneless, skinless chicken breast, cubed
- 1 lb (450 g) shelf-stable potato gnocchi
- 1 tbsp (15 ml) olive oil
- 3 garlic cloves (9 g), minced
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 cup (240 ml) chicken broth
- 1/2 cup (120 ml) heavy cream
- 2 cups (60 g) baby spinach

Before you start: thaw frozen chicken safely in the refrigerator. Keep raw poultry and its utensils separate from ready-to-eat ingredients; wash hands and surfaces after handling.

Method and cooking stages

Follow the numbered order below. The five companion images show each stage from measured ingredients through the finished single serving.



1. Ingredients



2. Prep



3. Cooking



4. Finishing



5. Serving

1. Brown the chicken

Season chicken cubes with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Cook the chicken in a single layer, turning as needed, for about 8-12 minutes. Check several of the thickest pieces with a food thermometer; all must reach 165 F (74 C). Transfer to a clean plate.

2. Start the creamy garlic broth

Add minced garlic to the same skillet and stir for about 30 seconds. Pour in chicken broth and heavy cream. Bring to a gentle simmer, scraping up the browned bits from the skillet.

3. Simmer the gnocchi

Add shelf-stable gnocchi and simmer uncovered for 4-6 minutes, stirring occasionally, until tender according to the package directions. Keep the sauce at a gentle simmer.

4. Finish with chicken and spinach

Return the cooked chicken to the skillet and add baby spinach. Stir for about 2 minutes, until the spinach wilts and the chicken is hot. If the sauce becomes too thick, add a small splash of water. Taste and adjust seasoning before serving.

> Food safety: Use a food thermometer to confirm 165 F (74 C) in the thickest chicken pieces. Keep raw chicken and its utensils separate from ready-to-eat ingredients; wash hands and surfaces after handling.

Serving and recipe notes

Serving: Serve hot in individual portions. Chopped parsley is an optional variation; it is not needed for the base recipe.

Tip: Use shelf-stable gnocchi as written. Fresh or frozen gnocchi may need a different cooking time, so follow its package directions and check tenderness.

Variation: For a little heat, add 1/4 teaspoon crushed red pepper. For fresh herbal flavor, add 2 tablespoons chopped parsley.

Storage and reheating

Refrigerate: Refrigerate leftovers in shallow covered containers within 2 hours (within 1 hour above 90 F / 32 C). Keep at 40 F (4 C) or below and use within 3-4 days. Count any prior storage time of cooked chicken.

Freeze: Freeze cooled portions promptly in airtight containers for up to 2 months for best quality. Thaw in the refrigerator; cream sauce may separate slightly and gnocchi may soften.

Reheat: Reheat gently in a covered 350 F (175 C) oven or in a saucepan with a splash of water, stirring and checking several places until 165 F (74 C) throughout. Do not reheat leftovers in a slow cooker.

Original recipe formulation; not kitchen-tested. Times vary with equipment and ingredient size. Food safety guidance: FoodSafety.gov safe-temperature and cold-storage charts.