



# 1 Pan Sausage Gnocchi



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>393 kcal</b>

### Stuff that's in it:

- 1 Tsp Chilli Flakes ((Half For Milder))
  - 500G Gnocchi
  - 100G Kale
  - 1 Tsp Oil
- 10 Heck Chicken Sausages
  - 40G Grated Parmesan
- 50 Chestnut Mushrooms (Sliced)
- 500Ml Hot Chicken Stock

### What you do:

This super quick meal is so easy to make, with just a hint of chilli, it's sure to tantalise your tastebuds!

Heat the oil in a high sided pan or wok, squeeze the sausages from the skins straight into the pan in lumps and fry gently for a minute or 2, then add the mushrooms and cook for several minutes until the sausage is just cooked. Add the chilli flakes and stir. Too in the gnocchi and mix well, then add the hot stock and bring to boil then simmer for 3 minutes. Add the kale, mix well, then add the Parmesan and cook gently until the sauce thickens.

Serve.

## **Nutrition**

- Carbs: 50g
- Fat: 9g
- Protein: 24g

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