

Creamy Chicken and Gnocchi Skillet - A One-Pan Weeknight Favorite

Creamy Chicken and Gnocchi: The Ultimate Comfort Bowl



TIME
7 min

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ChefManiac

INGREDIENTS

- 1 tbsp olive oil
- 1 lb boneless, skinless chicken thighs, cut into 1-inch pieces
- Salt and freshly ground black pepper, to taste
- 3 tbsp unsalted butter
- 4 cloves garlic, minced
- 1 small onion, diced
- 1 red bell pepper, diced
- 1 tsp dried thyme
- $\frac{1}{2}$ tsp dried basil
- ... cup all-purpose flour
- 4 cups chicken broth
- 1 cup half-and-half
- 1 (16 oz) package gnocchi
- 2 cups baby spinach
- ... cup grated Parmesan cheese
- 1 tbsp chopped fresh parsley, for garnish

DIRECTIONS

- 1. Cook the Chicken:** Heat olive oil in a large skillet over medium heat. Season chicken with salt and pepper, then cook until browned and cooked through-about 5-7 minutes. Remove from skillet and set aside.
- 2. SautØ Aromatics:** In the same skillet, melt butter. Add garlic, onion, and red bell pepper. Cook 3-4 minutes until soft and fragrant. Stir in thyme and basil.
- 3. Make the Sauce:** Sprinkle flour over the veggies and cook 1 minute, stirring constantly. Gradually whisk in the chicken broth and half-and-half. Bring to a gentle boil, then reduce to a simmer for 5-7 minutes until thickened.
- 4. Add Gnocchi & Chicken:** Stir in gnocchi and cook 3-5 minutes until tender. Return chicken to the pan. Add spinach and cook 1-2 minutes until wilted.
- 5. Finish with Cheese:** Stir in Parmesan cheese until melted. Taste and adjust salt and pepper. Garnish with chopped parsley and serve warm.

TIPS FOR SUCCESS

Use chicken thighs for juicier results, but breasts work too.
If you like heat, add crushed red pepper flakes with the garlic.
Fresh or shelf-stable gnocchi both work-no need to pre-cook either.
For a lower-fat version, sub half-and-half with evaporated milk or whole milk .

