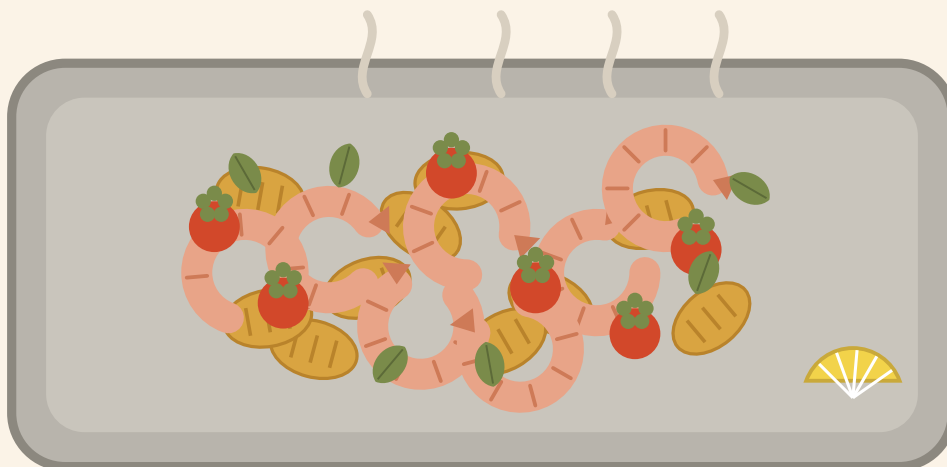


PERFECT SHEET PAN SHRIMP GNOCCHI

30 Minutes Total | Serves 4 | One Pan, One Checkpoint



INGREDIENTS

- 1 lb potato gnocchi (no boiling needed)
- 1 lb shrimp, peeled and deveined
- 1 pint cherry tomatoes
- 3 garlic cloves, minced
- 3 tbsp olive oil
- 1/4 tsp red pepper flakes
- 1 lemon
- 2 cups baby spinach
- 2 tbsp fresh parsley, chopped
- Salt and black pepper, to taste
- Grated parmesan, optional

NO FRESH SHRIMP?

Frozen peeled shrimp works just as well. Thaw under cold water for about 10 minutes before seasoning.

STEPS

- 1 Preheat oven to 425°F. Toss gnocchi with 2 tbsp oil, salt, and pepper on a sheet pan in a single layer. Roast 15 minutes until golden and blistered.
- 2 Meanwhile, toss shrimp with remaining oil, garlic, red pepper flakes, salt, and pepper.
- 3 Pull the pan. Scatter shrimp and tomatoes over the gnocchi. Roast 6 to 8 minutes more.
- 4 Shrimp is done when pink and curled into a loose C. Pull immediately, even if slightly underdone. It finishes on the hot pan.
- 5 Squeeze lemon over the pan. Add spinach and parsley, toss gently to wilt. Serve with parmesan if you like.

DONENESS CUE

Shrimp is done the moment it turns pink and curls into a loose C. An O shape means it went too far.

WHY ONE CHECKPOINT?

Gnocchi and shrimp cook at different speeds. One pause to add shrimp keeps both right.