



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: GNOCCHI

Sourced from local business iPastai, your gnocchi is made with only top quality semolina, wheat flour and free range eggs. iPastai don't use any artificial colours, flavours or preservatives. The result is outstanding!



2. CRISPY PROSCIUTTO GNOCCHI

Soft, light little pillows of potato dough, cooked and tossed in a cherry tomato sauce and finished with fresh parsley and crispy prosciutto.

 20 Minutes

 4 Servings

FROM YOUR BOX

PROSCIUTTO	1 packet (100g)
BROWN ONION	1
COURGETTES	2
GARLIC CLOVES	2
CHERRY TOMATOES (TIN)	400g
BABY CAPERS	1/2 jar *
BABY SPINACH	1/2 bag (100g) *
GNOCCHI	1 packet (800g)
PARSLEY	1/2 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried oregano

KEY UTENSILS

saucepan, large pan

NOTES

We used scissors to cut the prosciutto straight into the frypan. Separate as you cook using a spatula.

No pork option - prosciutto is replaced with turkey. As turkey doesn't get crispy, you can slice and add to pan with onion at step 2.

No gluten option - gnocchi is replaced with GF gnocchi.



1. CRISP THE PROSCIUTTO

Bring a saucepan of water to the boil.

Heat a large frypan with a little **oil** over medium-high heat. Slice (see notes) and add prosciutto, cook for 2-3 minutes or until crispy. Set aside, keep pan over heat.



2. SAUTÉ THE ONION & COURGETTES

Slice onion and courgettes, add to heated pan with crushed garlic and **1 tsp oregano**. Sauté for 3-4 minutes.



3. SIMMER THE SAUCE

Add tinned tomatoes and **1/2 tin water**, bring to the boil. Drain and rinse capers, add to pan with spinach and simmer for 5-6 minutes.



4. COOK THE GNOCCHI

Add gnocchi to the saucepan of boiling water and cook until they float, roughly 3-4 minutes. Remove using a slotted spoon and add to pan with sauce.



5. TOSS THE GNOCCHI & SAUCE

Toss gnocchi in the sauce to coat. Adjust seasoning with **salt and pepper** to taste.



6. FINISH AND PLATE

Serve gnocchi and sauce in bowls and top with chopped parsley and crispy prosciutto.