



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: BRUSSELS SPROUTS

Brussels sprouts are packed full of health benefits including their ability to help lower cholesterol, balance hormone levels, improve digestion, protect the heart and aid the immune system.



## 2. BEETROOT GNOCCHI WITH MINT PESTO

 30 Minutes

 4 Servings

 Plant-based

Pretty pink beetroot gnocchetti from The Gluten Free Lab with tender brussels sprouts, leek and a mint pesto with walnuts, finished with a tasty cashew parmesan.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
15g	36g	81g

18 May 2020

## FROM YOUR BOX

MINT	1 bunch
WALNUTS	1/2 packet (65g) *
LEMON	1/2 *
LEEK	1
BRUSSELS SPROUTS	300g
BETROOT GNOCCHI	2 packets
SNOW PEAS	1/2 bag (125g) *
PARMESAN TOPPING	2 packets

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive oil, salt, pepper, garlic (1 clove), chilli flakes

## KEY UTENSILS

saucepan, frypan, stick mixer or blender

## NOTES

Add some lemon zest to the pesto as well for extra flavour!



### 1. MAKE THE MINT PESTO

Bring a saucepan of water to boil (for gnocchi). Roughly chop the mint leaves and 1/2 (30g) the walnuts. Blend together with lemon juice and **1/3 cup olive oil** until smooth. Season with **salt and pepper** to taste.



### 2. SAUTÉ THE VEGETABLES

Slice leek. Halve brussels sprouts. Add to a frypan with **olive oil** over medium-high heat. Add **1 crushed garlic clove** and **1/4 tsp chilli flakes**. Cook for 5-6 minutes until tender (see notes). Season with **salt and pepper**.



### 3. COOK THE GNOCCHI

Add gnocchi to boiling water. Cook for 3 minutes or until gnocchi rises. Drain and add to sautéed vegetables.



### 4. TOSS THE GNOCCHI

Toss the pesto through gnocchi and vegetables. Loosen with **olive oil** if needed. Season with **salt and pepper**.

Trim and thinly slice snow peas.



### 5. FINISH AND PLATE

Divide gnocchi into shallow bowls and top with sliced snow peas and remaining walnuts. Garnish with parmesan topping.