



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

 2 Servings

 Plant-based

Pretty pink beetroot gnocchi 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
18g	66g	75g

18 May 2020

FROM YOUR BOX

MINT	1 bunch
WALNUTS	1/2 packet (65g) *
LEMON	1/2 *
LEEK	1/2 *
BRUSSELS SPROUTS	150g
BEETROOT GNOCCHI	1 packet
SNOW PEAS	1/2 bag (75g) *
PARMESAN TOPPING	1 packet

* 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

Use the mint pesto to taste. Reserve any leftover pesto for toast or to toss through roast vegetables!



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. 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 1/2 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 and serve with remaining pesto to taste.