

**Product Spotlight:
Sweet Potato**

Sweet potatoes originated more than 5000 years ago and aren't only orange; they can be cream, yellow, pink and purple too!



Bacon and Pesto Pan-Fried Gnocchi

Fresh gnocchi from iPastai with crispy bacon, tossed with roast cherry tomatoes, sweet potato and green pesto.



25 minutes



4/6 servings



Pork

Mix it up!

Stir some sour cream through the pesto for a creamier, milder sauce.

For a tomato base, stir in some sugo and top with grated parmesan cheese.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	21g	19g	70g/77g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	400g	800g
CHERRY TOMATOES	2 x 200g	3 x 200g
RED ONION	1	1
FRESH GNOCCHI	700g	700g + 500g
FREE-RANGE BACON	200g	200g + 100g
GREEN PESTO	1 jar	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

oven tray, large non-stick frypan (see notes)

NOTES

Use a non-stick pan for your gnocchi! Stir by shaking the frypan to brown gnocchi on all sides and only stir when needed to ensure you don't break up the gnocchi!

You can boil the gnocchi and cook the bacon separately. Toss together gently with roasted vegetables and pesto at step 4.

You can garnish the gnocchi with a fresh herb of choice, parmesan or chilli flakes.

No gluten option – gnocchi is replaced with **gluten-free gnocchi**.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **sweet potatoes** (1cm), halve **tomatoes** and slice **onion**. Toss on a lined oven tray with **1-2 tsp dried oregano, oil, salt and pepper**. Roast for 15-20 minutes or until golden and tender.



4. TOSS THE GNOCCHI

Stir **pesto** through gnocchi until coated. Add **roast vegetables** and toss to combine. Season with **salt and pepper** to taste.



2. COOK THE GNOCCHI

Heat a large frypan over medium-high heat. Add **gnocchi, 1/2 cup water** and **1 tbsp olive oil**. Cook (un-covered) for 6-8 minutes until water has evaporated and **gnocchi** is golden (see notes).



3. ADD THE BACON

Slice and add **bacon** to pan with **1-2 tbsp olive oil**. Cook for 5 minutes or until **bacon** is crispy.



5. FINISH AND SERVE

Divide **gnocchi** among bowls to serve (see notes).

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