



Product Spotlight: Silverbeet

Silverbeet is very high in antioxidants and vitamins A, K, and C. It is also a great source of folate and fibre.



Garlic Fried Gnocchi with Oven Roasted Tomatoes

Crispy on the outside and fluffy on the inside! Fresh potato gnocchi from Gluten Free Lab, pan-fried in garlic with lemon, silverbeet and sage, topped with jammy roasted tomatoes and toasted hazelnuts.



30 minutes



4 servings



Plant-Based

23 June 2023

Change it up!

You can blend the roast tomatoes and onion with the garlic to make a sauce. The gnocchi can be boiled instead of pan-fried if preferred.

Per serve: **PROTEIN** 12g **TOTAL FAT** 15g **CARBOHYDRATES** 71g

FROM YOUR BOX

| | |
|-----------------|----------------|
| CHERRY TOMATOES | 2 x 200g |
| RED ONION | 1 |
| HAZELNUTS | 1 packet (40g) |
| GNOCCHI | 2 x 400g |
| GARLIC CLOVES | 2 |
| SAGE | 1 packet |
| LEMON | 1 |
| SILVERBEET | 1 bunch |

FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, caraway seeds (optional)

KEY UTENSILS

large frypan with lid, oven tray

NOTES

You can use fennel seeds, cumin seeds or a dried herb of choice on the tomatoes if you don't have caraway seeds.

Only toss the gnocchi every minute or so to encourage browning and prevent the gnocchi from breaking apart.



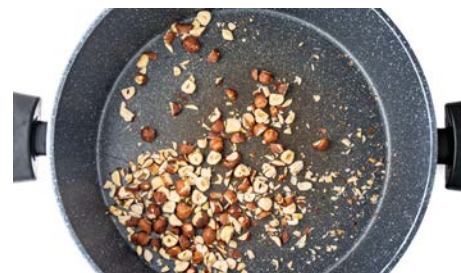
Scan the QR code to watch our team cook this recipe on Instagram!



1. ROAST THE TOMATOES

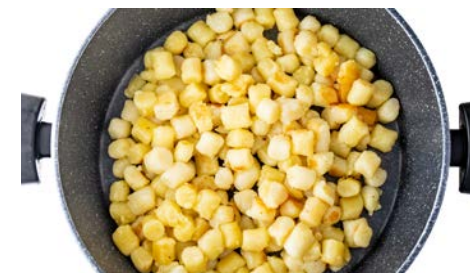
Set oven to 220°C.

Halve tomatoes and slice onion. Toss on a lined oven tray with **2 tbsp balsamic vinegar, 2 tsp caraway seeds, olive oil, salt and pepper** (see notes). Roast for 20 minutes until tender.



2. TOAST THE HAZELNUTS

Roughly chop hazelnuts. Add to a dry frypan over medium-high heat. Toast for 3 minutes. Remove and set aside (keep pan on heat).



3. COOK THE GNOCCHI

Add **2 tbsp olive oil** and gnocchi to pan. Toss for 5 minutes until golden (see notes). Add **1/2 cup water**, cover and cook for 5 minutes until tender.



4. ADD THE AROMATICS

Add **2 tbsp olive oil** to pan. Crush in 2 garlic cloves, slice and add sage leaves. Toss for a further 2 minutes until fragrant.



5. ADD THE SILVERBEET

Slice silverbeet and add to pan along with zest and juice from 1/2 lemon (wedge remaining). Cook until silverbeet is slightly wilted. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide gnocchi among bowls. Top with tomatoes, onion and hazelnuts. Serve with lemon wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

