Product Spotlight: Fennel

Fennel belongs to the same family as parsley, dill and coriander. Its bulb, stalk, leaves and seeds are all edible!

K2 **Fennel and Tomato Gnocchi**
with Basil Cashew Pesto

A quick and easy dish with Gluten Free Lab gnocchi, fennel, tomatoes and a basil cashew pesto. Finished off with fresh rocket.

🕐 25 minutes 🍴 2 servings 🌱 Plant-Based

3 June 2022

Spice it up!

If you have some fresh basil in the fridge or garden, it would be great added to the rocket when serving. Also, some chilli flakes or fresh chilli when frying the fennel will give a little kick to the dish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	63g	99g

FROM YOUR BOX

SHALLOTS	2
FENNEL	1
TOMATOES	2
STUFFED OLIVES	1 jar
BASIL, CASHEW PESTO	1 tub (250g)
GNOCCHI	1 packet (400g)
ROCKET	1 bag (60g)

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

Boil the kettle to make this a little quicker.

Serve with some nut based cheese if you have some.

1. SAUTÉ THE VEGETABLES

Bring a large saucepan of water to the boil (for the gnocchi, see notes).

Heat a large frypan with **oil** over medium high heat. Slice and add shallots along with fennel and **1 tsp oregano.** Cook for 4–5 minutes or until tender.

2. ADD THE TOMATOES

Wedge tomatoes and add to pan along with drained olives and **1/4 cup water**. Cover and simmer for 5 minutes.

3. ADD THE PESTO

Reduce heat to medium and add pesto to frypan, stir to combine and return to a simmer.

4. COOK THE GNOCCHI

Add gnocchi to boiling water and cook until they rise to the surface. Remove and add to the sauce. Mix well and season to taste with **salt and pepper** (if sauce is a little too thick, add some water from the gnocchi pan).

5. TOSS THE ROCKET

In a bowl whisk together **2 tsp olive oil, 1 tsp balsamic vinegar, salt and pepper**. Add rocket leaves and toss together.

6. FINISH AND SERVE

Divide gnocchi into bowls and top with rocket (see notes).

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**