




Product Spotlight: Basil


Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestions and boosts immunity.



K4 Golden Gnocchi with Rustic Pesto

Frying the gnocchi in oil until golden adds another layer of flavour to this dish. Served in a rustic pesto with broccoli and cherry tomatoes.

 20 minutes

 4 servings

 Plant-Based

25 February 2022

Boil them up!

If you would prefer to cook this dish the traditional way bring a pot of water to the boil and cook gnocchi according to packet instructions then add to sauce.

Per serve: **PROTEIN** 17g **TOTAL FAT** 26g **CARBOHYDRATES** 80g

FROM YOUR BOX

RED ONION	1
CHERRY TOMATOES	400g
BROCCOLI	1
PESTO	1 tub
GNOCCHI	800g
PARMESAN TOPPING *	1 packet (20g)
BASIL	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, chilli flakes (optional)

KEY UTENSILS

large frypan x 2

NOTES

Use more or less chilli flakes to taste.

* You may have received pine nuts instead of cashew parmesan due to stock shortages. You can dry fry them for 2-3 minutes over medium heat before cooking the gnocchi for extra flavour or just use them as they are.



1. COOK THE ONION

Heat a frypan over medium-high heat with **oil**. Slice onion and add to pan with cherry tomatoes. Cook for 3-4 minutes along with **2 tsp oregano and 1/2 tsp chilli flakes** (if using) until softened.



2. ADD THE VEGETABLES

Cut broccoli into small florets. Add to pan as you go along with pesto and **1 1/2 cups water**. Cook, covered, for 4- 5 minutes until tender.



3. COOK THE GNOCCHI

Heat a second frypan over medium-high heat with **2 tbsp oil**. Add gnocchi and cook, tossing, for 6-8 minutes until golden (add a little more **oil** if needed).



4. ADD TO SAUCE

As the gnocchi brown add them into the sauce along with **1/2-1 cup water** to loosen sauce as desired. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide gnocchi between bowls and garnish with parmesan topping and fresh basil.

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**

