**DINNER TWIST**
LOCAL, HEALTHY, DELIVERED



**Product Spotlight: Walnuts**

Walnuts are a good source of Omega-3s, which support brain and heart health, and since ancient times they have been recognised as a symbol of intellectuality!

# Roast Tomato and Summer Corn Gnocchi

Roasted tomatoes tossed with gnocchi, corn and zucchini garnished with basil leaves, walnuts and whipped feta.

## Switch it up!

*To switch up this dish, use the basil and walnuts to make a pesto to toss the gnocchi through.*

🕐 25 minutes     🍴 2 servings     🥗 Vegetarian

13 January 2023

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|---|---|---|---|
| | 33g | 36g | 87g |

## FROM YOUR BOX

| | |
|---|---|
| COURGETTES | 2 |
| CORN COB | 1 |
| TOMATOES | 2 |
| FETA CHEESE | 1 packet |
| LEMON | 1 |
| BASIL | 1 packet (20g) |
| WALNUTS | 1 packet (20g) |
| GNOCCHI | 400g |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove, balsamic vinegar

## KEY UTENSILS

large saucepan, oven dish, stick mixer (or blender)

## NOTES

Instead of making whipped feta, quarter the block and add to oven tray with 1/4 cup olive oil to bake with veggies, or crumble and toss through gnocchi at step 5.

**No gluten alternative – gnocchi is replaced with gluten-free gnocchi.** Cook according to packet instructions.



### 1. ROAST THE VEGETABLES

Set oven to 250ºC. Bring a large saucepan of water to a boil.

Crush **garlic clove**, slice courgettes, remove corn kernels from cob and dice tomatoes. Toss in a lined oven dish with **oil, 1 1/2 tbsp balsamic vinegar, salt and pepper.** Roast for 15 minutes.
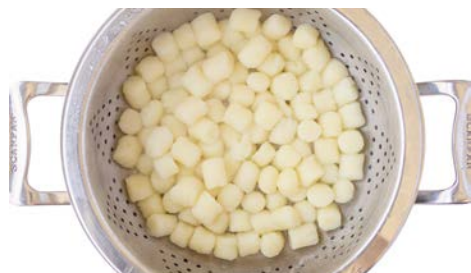


### 2. WHIP THE FETA

Use a stick mixer (see notes) to blend crumbled feta, lemon zest, juice from 1/2 lemon, **1/2 tbsp olive oil, 3 tbsp water** and **pepper** to smooth consistency.



### 3. PREPARE THE TOPPINGS

Slice basil leaves and roughly chop walnuts.



### 4. COOK THE GNOCCHI

Add gnocchi to boiling water. Cook according to packet instructions. Drain well.



### 5. TOSS THE GNOCCHI

Return gnocchi to pan. Add roasted vegetables and remaining lemon juice. Toss until well combined. Season with **salt and pepper.**



### 6. FINISH AND SERVE

Evenly divide tossed gnocchi among shallow bowls. Dot over whipped feta. Garnish with basil and walnuts.

**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**