




Product Spotlight: Walnuts


Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.



L4 Burst Tomato and Summer Corn Gnocchi

Cherry tomatoes roasted until they burst, tossed in gnocchi from The Gluten Free Lab with corn and zucchini garnished with basil leaves, walnuts and labneh.

 25 minutes

 4 servings

 Vegetarian

21 January 2022

Switch it up!

If you're looking for a way to switch up this dish, use the basil and walnuts to make a pesto to toss the gnocchi through.

Per serve: **PROTEIN** 19g **TOTAL FAT** 21g **CARBOHYDRATES** 85g

FROM YOUR BOX

CHERRY TOMATOES	1 bag (400g)
ZUCCHINIS	2
CORN COBS	2
GNOCCHI	2 packet (800g)
BASIL	1 packet
WALNUTS	1 packet (80g)
LABNEH	1 tub

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, large saucepan, oven dish

NOTES



1. ROAST THE TOMATOES

Set oven to 250°C. Bring a large saucepan of water to the boil.

Crush **garlic clove** and slice zucchinis. Toss in an oven dish with cherry tomatoes, **oil, 1 1/2 tbsp balsamic vinegar, salt and pepper**. Roast for 10–15 minutes until tomatoes are bursting.



2. COOK THE CORN

Heat a frypan over medium–high heat with **oil**. Remove corn kernels from cobs and add to pan as you go. Cook, stirring occasionally, for 8–10 minutes or until corn begins to char.



3. COOK THE GNOCCHI

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



4. TOSS THE GNOCCHI

Add roasted vegetables to frypan with corn along with gnocchi. Toss until well combined. Season with **salt and pepper**.



5. PREPARE TOPPINGS

Slice basil leaves and roughly chop walnuts.



6. FINISH AND SERVE

Evenly divide tossed gnocchi among shallow bowls. Dot over labneh and garnish with 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**

