



Product Spotlight: Sun-Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



Creamy Sun-Dried Tomato Gnocchi

Homemade creamy sun-dried tomato sauce, tossed through fluffy potato gnocchi, sautéed cherry tomatoes and silverbeet topped with pine nuts. Simple and delicious!



25 minutes



4 servings



Vegetarian

1 September 2023

Bulk it up!

Add tinned beans such as cannellini or chickpeas, grated or diced zucchini, mushrooms or corn kernels to the sautéed vegetables.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	13g	85g

FROM YOUR BOX

GNOCCHI	2 x 400g
BROWN ONION	1
CHERRY TOMATOES	2 x 200g
SUN-DRIED TOMATOES	1 packet
SOUR CREAM	1 tub
SILVERBEET	1 bunch
PINENUTS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

large frypan, saucepan, stick mixer (or small blender)

NOTES

If you don't have a stick mixer, use a small blender or food processor to blend the sauce. Alternatively, finely chop the sun-dried tomatoes and cook them with vegetables, then add sour cream and cooking liquid in step 4.

Toast pine nuts in a dry frypan for 2-4 minutes until golden. Toasting nuts and seeds brings out their natural oils, heightening their flavour; it adds a lovely crunchy texture.

No gluten option – gnocchi is replaced with GF gnocchi. Follow packet instructions to cook.



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1. COOK THE GNOCCHI

Bring a large saucepan of water to a boil. Add gnocchi and cook according to packet instructions. Reserve **1/2 cup cooking liquid**. Drain gnocchi.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice onion and add to pan as you go along with cherry tomatoes and **3 tsp thyme**. Sauté for 6-8 minutes until vegetables soften.



3. MAKE THE SAUCE

Add sun-dried tomatoes, sour cream and **reserved cooking liquid** to a jug. Use a stick mixer (see notes) to blend to a smooth consistency.



4. ADD THE SILVERBEET

Finely chop silverbeet leaves. Add to vegetables and cook for 1-2 minutes to wilt. Remove pan from heat.



5. TOSS GNOCCHI AND SAUCE

Add gnocchi and sauce to the saucepan. Toss until well combined. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop the pine nuts if desired (see notes).

Divide gnocchi among shallow bowls. Garnish with pine nuts.

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