




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.

 25 minutes

 4 servings

 Vegetarian

13 January 2023

Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	29g	75g

FROM YOUR BOX

ZUCCHINI	1
CORN COB	1
CHERRY TOMATOES	2 x 200g
FETA CHEESE	1 packet
LEMON	1
BASIL	1 packet (20g)
WALNUTS	1 packet (40g)
GNOCCHI	800g

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

Crush **garlic clove**, slice zucchini and remove corn kernels from cob. Toss in a lined 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. 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**

