



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.



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



2 servings



Plant-Based

Boil them up!

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

| | | | |
|------------|----------------|------------------|----------------------|
| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
| | 23g | 42g | 51g |

FROM YOUR BOX

| | |
|------------------|----------|
| SHALLOT | 1 |
| CHERRY TOMATOES | 200g |
| BROCCOLINI | 1 bunch |
| PESTO | 1 jar |
| GNOCCHI | 400g |
| PARMESAN TOPPING | 1 packet |
| BASIL | 1 packet |

FROM YOUR PANTRY

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

KEY UTENSILS

2 large frypans

NOTES

Use more or less chilli flakes to taste.

Parmesan topping: lupin flakes, sunflower seeds, nutritional yeast, garlic, mixed dried herbs, sea salt, mustard powder pepper



1. COOK THE SHALLOT

Heat a frypan over medium-high heat with **oil**. Slice shallot and add to pan with cherry tomatoes. Cook for 1-2 minutes along with **1 tsp oregano and 1/4 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 cup 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.



4. ADD TO SAUCE

As the gnocchi browns, 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.



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