




### Product Spotlight: The Gluten Free Lab


Perth-based, The Gluten Free Lab, pride itself on being 100 % CERTIFIED Gluten Free, catering for all lovers of the Italian cuisine. You can find some of their great products on our Marketplace.



## Pan Fried Gnocchi with Bolognese Sauce

Crispy pan-fried gnocchi meets a hearty vegetable bolognese and savoury garlic mushrooms in this comforting, flavour-packed dish.

 30 minutes

 2 servings

 Plant-Based

## How to!

*Prepare your basil like a pro! Pick the leaves and stack them on top of each other. Roll the stack to create a cylinder shape. Use a sharp knife to slice the leaves perpendicular to the roll to create thin strips for garnishing.*

Per serve: **PROTEIN** 17g **TOTAL FAT** 3g **CARBOHYDRATES** 84g

## FROM YOUR BOX

BROWN ONION	1
CARROT	1
CELERY STICK	1
ROSEMARY SPRIG	1
GARLIC CLOVES	2
BUTTON MUSHROOMS	150g
TOMATO PASSATA	700ml
GNOCCHI	400g
BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds, stock cube of choice

## KEY UTENSILS

2 frypans

## NOTES

To quickly remove rosemary leaves, place your fingers at the top of the stem, hold upside down and firmly slide the leaves down.

Instead of pan-frying the mushrooms, roast them! Toss in a lined oven dish with fennel seeds, oil and seasoning. Roast for 8-12 minutes until golden.



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### 1. PREPARE THE INGREDIENTS

Dice **onion** and **carrot**. Slice **celery** and finely chop **rosemary leaves** (see notes). Crush **garlic**.



### 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Add **onion** and sauté for 3 minutes. Add **celery, carrot, rosemary** and **1/2 garlic** (reserve remaining). Sauté for 5 minutes.



### 3. SIMMER BOLOGNESE

Add **passata, 1/3 cup water** and **crumbled stock cube** to **vegetables**. Mix to combine. Semi-cover and simmer for 5-7 minutes until **carrot** is tender. Season to taste with **salt and pepper**.



### 4. COOK MUSHROOM

Heat a second frypan over medium-high heat with **oil** (see notes). Quarter and add **mushrooms** with **remaining garlic** and **1/2 tsp fennel seeds**. Cook, tossing occasionally, for 5-7 minutes until **mushrooms** browned all over. Season to taste with **salt and pepper**. Remove to a plate and keep pan over heat for step 5.



### 5. PAN FRY GNOCCHI

Add extra **oil** to pan. Add **gnocchi** and cook for 5-7 minutes, tossing occasionally, until **gnocchi** is cooked and browned all over.



### 6. FINISH AND SERVE

Roughly chop or tear **basil leaves**. Divide **bolognese** among shallow bowls. Top with **gnocchi** and **mushrooms**. 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

