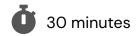


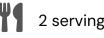


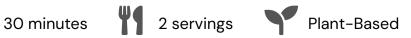


Ratatouille Gnocchi

A rich tomato based vegetable ratatouille served with fluffy gnocchi from local 'The Gluten Free Lab' and finished with fresh basil leaves.







Switch it up!

Instead of boiling your gnocchi to cook it, try pan-frying. Heat a frypan over medium-high heat with oil. Add the gnocchi in batches and cook, turning occasionally, until it is golden and crispy.

TOTAL FAT CARBOHYDRATES

71g

FROM YOUR BOX

RED CAPSICUM	1
SMALL EGGPLANT	1
ZUCCHINI	1
GARLIC CLOVE	1
CHERRY TOMATOES	200g
TOMATO SUGO	1 jar
GNOCCHI	400g
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan, large saucepan

NOTES

Instead of using the capsicum as a topping you can add it into the ratatouille for more flavour.



1. CHAR THE CAPSICUM

Slice **capsicum**. Heat a large pan with **oil** over high heat. Add capsicum strips and cook for 5 minutes, turning occasionally until charred to your liking. Set aside, keep pan over medium-high heat



2. SAUTÉ THE VEGETABLES

Bring a saucepan of water to a boil.

Dice **eggplant** and **zucchini**. Add to pan as you go with crushed **garlic** and **11/2 tsp dried oregano**. Cook, stirring occasionally, for 6–8 minutes or until golden.



3. SIMMER THE RATATOUILLE

Halve and add **cherry tomatoes** and **sugo**. Bring to a simmer and cook, covered for 10–15 minutes or until thickened. Stir through **1/2 tbsp balsamic vinegar**.



4. COOK THE GNOCCHI

Add **gnocchi** to boiling water and cook for 2-3 minutes or until the gnocchi floats. See next step.



5. TOSS THE GNOCCHI

Remove gnocchi with a slotted spoon and add straight into the sauce. Toss gently to combine and season with **salt and pepper**.



6. FINISH AND SERVE

Slice basil leaves.

Divide gnocchi among shallow bowls. Top with slices of charred capsicum and fresh 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



