



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

 4 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
	12g	28g	53g

FROM YOUR BOX

RED ONION	1
CHERRY TOMATOES	400g
BROCCOLI	1
PESTO	1 tub
GNOCCHI	800g
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



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1. COOK THE ONION

Heat a frypan over medium-high heat with **oil**. Slice onion and add to pan with cherry tomatoes. Cook for 3-4 minutes along with **2 tsp oregano and 1/2 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 1/2 cups 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 (add a little more **oil** if needed).



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.

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

