



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



4 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	TOTAL FAT	CARBOHYDRATES
	12g	2g	75g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
CELERY STICKS	2
ROSEMARY	1 sprig
GARLIC CLOVES	2
BUTTON MUSHROOMS	300g
TOMATO PASSATA	1 jar
GNOCCHI	2 packets
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 **carrots**. Slice **celery** and finely chop **rosemary** leaves (see notes). Crush **garlic**.

Quarter **mushrooms** and set aside.



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 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). Add mushrooms, remaining garlic and **1 tsp fennel seeds**. Cook, tossing occasionally, for 5-7 minutes until mushrooms are 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 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

