



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.



Autumn Vegetables with Sage Gnocchi

Potato gnocchi from The Gluten Free Lab, tossed in a sage sauce, served with roasted autumn vegetables and toasted pecans to bring a cozy seasonal vibe to your dinner table.



30 minutes



2 servings



Plant-Based

Bulk it up!

Add roasted red onion wedges or beetroot for extra earthy sweetness. Stir baby spinach or rocket leaves through the roasted vegetables to serve for a pop of colour and freshness.

Per serve: **PROTEIN** 13g **TOTAL FAT** 22g **CARBOHYDRATES** 80g

FROM YOUR BOX

SWEET POTATO	400g
PEAR	1
BRUSSELS SPROUTS	200g
PECANS	1 packet
GNOCCHI	1 packet
GARLIC CLOVE	1
SAGE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

For extra crunch, add seeds such as sunflower or pepitas to the pecans.

Add a pinch of chilli flakes to the sauce a for a hint of spice.

Substitute vinegar with white wine or lemon zest and juice for a bolder flavour to your sauce.



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1. ROAST THE VEGETABLES

Set oven to 220°C and bring a saucepan of water to a boil.

Dice **sweet potato**, slice **pear** and halve **Brussels sprouts**. Toss on a lined oven tray with **oil**, **3 tsp smoked paprika**, **salt and pepper**. Roast for 15–20 minutes until golden and tender.



4. MAKE THE SAUCE

Reheat frypan over medium heat with **3 tbsp olive oil**. Crush **garlic** and roughly tear **sage leaves** (see notes). Add to pan and cook for 3–4 minutes until **garlic** is just golden. Remove from heat.



2. TOAST THE PECANS

Heat a large frypan over medium-high heat. Add roughly chopped **pecans** (see notes). Cook for 3–4 minutes, or until golden. Remove and reserve pan.



5. TOSS THE GNOCCHI

Add cooked **gnocchi**, **3/4 cup cooking liquid** and **1 tbsp vinegar** (see notes) to the **sauce**. Toss to combine. Season to taste with **salt and pepper**.



3. COOK THE GNOCCHI

Add **gnocchi** to boiling water and cook for 2–3 minutes or until tender. Reserve **1 cup cooking liquid** and drain **gnocchi** or remove with a slotted spoon.



6. FINISH AND SERVE

Divide **roasted vegetables** among shallow bowls. Add **gnocchi** and **sauce**, and top with **toasted pecans**.

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**

