



Product Spotlight: Fennel

Fennel belongs to the same family as parsley, dill and coriander. The stalk, leaves and seeds are all edible! It can be eaten raw or cooked. It's delicious shaved into fresh salads, braised in stews, or roasted.



Blue Zone Sheet Pan Gnocchi

A vibrant Mediterranean-style tray bake loaded with crispy gnocchi and roasted veggies, this dish is brilliantly simple, just spread everything on a tray, pop it in the oven, and the hard work is done!



40 minutes



Plant-Based



2 servings

Add to it!

Got some extra veggies lying around in the fridge? Add cherry tomatoes, sliced red onion, or capsicum to the tray bake.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	12g	54g

FROM YOUR BOX

TINNED CHICKPEAS	400g
FENNEL	1 bulb
ZUCCHINI	1
GF GNOCCHI	400g
SHALLOT	1
GARLIC CLOVE	1
LEMON	1
ROCKET LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

oven tray

NOTES

Switch up the flavours by adding smoked paprika, dried chilli flakes, or a different herb such as fresh or dried rosemary or thyme.

If you like a little sweetness, add 1/2-1 tsp maple syrup or sweetener of your choice.

Scatter toasted pine nuts, pepitas, or slivered almonds over the finished dish for extra crunch.



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1. PREPARE THE VEGETABLES

Set oven to 220°C.

Drain and rinse **chickpeas**. Wedge **fennel** and slice **zucchini**. Toss on a lined oven tray.



2. ADD GNOCCHI & BAKE

Add **gnocchi** to **vegetables**. Toss with plenty of **oil**, **3 tsp dried oregano** (see notes), **salt and pepper**. Bake for 15 minutes. Remove from oven and gently toss **ingredients**. Return to oven and bake for a further 10-15 minutes.



3. MAKE THE DRESSING

Dice **shallot** and crush **garlic**. Add to a bowl along with **3 tbsp olive oil**, **lemon zest**, **juice of 1/2 lemon** (wedge remaining), **1 tbsp water**, **salt and pepper** (see notes). Mix to combine.



4. FINISH AND SERVE

Toss **rocket leaves** through **gnocchi** and **vegetables** (see notes). Serve tableside with **dressing**. Drizzle over desired amount of **dressing**.

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