

**Product Spotlight:
Cannellini Beans**

Cannellini beans are white beans with a mellow flavour. They are a low-fat, high-protein, fibre-rich, vitamin and mineral dense food.



Summer Succotash Gnocchi

Fresh gnocchi from the Gluten Free Lab, tossed with a lemon and garlic dressing, grilled corn, zucchini and basil, and served with creamy whipped white beans.



30 minutes



2 servings



Plant-Based

Pan-fry the gnocchi!

You can crisp the gnocchi by cooking it in a frypan instead of boiling it! Cook in a frypan with olive oil for 5 minutes until golden, then add 1/4 cup water, cover and cook for 5 minutes until tender.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	18g	108g

FROM YOUR BOX

ZUCCHINI	1
CORN COB	1
TINNED CANNELLINI BEANS	400g
LEMON	1
GARLIC CLOVE	1
GF GNOCCHI	400g
CHERRY TOMATOES	200g
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, dried chilli flakes (optional)

KEY UTENSILS

griddle pan or BBQ, saucepan, stick mixer or blender

NOTES

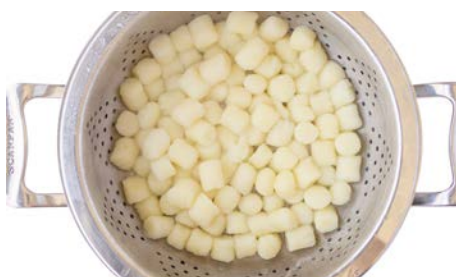
Instead of blending the beans, you can drain and toss them with the gnocchi at step 5.

You can use dried Italian herbs instead of oregano if preferred.



1. GRILL THE VEGETABLES

Heat a BBQ or griddle pan over medium-high heat. Slice **zucchini** lengthways and remove husks from **corn**. Coat with **oil, salt and pepper**. Place on pan to cook for 5-8 minutes, turning until charred. Set aside.



4. COOK THE GNOCCHI

Add **gnocchi** to simmering water. Cook for 3-4 minutes until tender. Drain and transfer to dressing bowl.



2. WHIP THE BEANS

Meanwhile, bring a saucepan of water to a boil (for step 4).

Drain **beans**. Using a stick mixer, blend with zest and juice from **1/2 lemon**, **2 tbsp olive oil**, **2 tbsp water**, **salt and pepper** (see notes).



3. PREPARE THE DRESSING

In a large bowl, whisk together 1 crushed **garlic clove**, juice from remaining 1/2 lemon, **1 tbsp olive oil** and **1/2 tsp dried oregano** (see notes).



5. TOSS THE GNOCCHI

Remove cooked corn kernels from cob and slice zucchini into smaller pieces. Halve **tomatoes** and slice **basil**. Add all to bowl with gnocchi and toss to combine.



6. FINISH AND SERVE

Spread whipped beans on a serving plate. Top with gnocchi and garnish with and a pinch of **chilli flakes**.



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