



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.

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.



30 minutes



4 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	12g	106g

FROM YOUR BOX

SWEET POTATO	400g
PEARS	2
BRUSSELS SPROUTS	400g
PECANS	1 packet
GNOCCHI	2 packets
GARLIC CLOVES	2
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 for a hint of spice.

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



Scan the QR code to
submit a Google review!



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**, **1 tbsp smoked paprika**, **salt and pepper**. Roast for 15–20 minutes until golden and tender.



4. MAKE THE SAUCE

Reheat frypan over medium heat with **1/4 cup olive oil**. Crush **garlic** and roughly tear **sage leaves** (see notes). Add to pan to 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 to a bowl and reserve pan for step 4.



5. TOSS THE GNOCCHI

Add cooked gnocchi, **1 1/2 cup cooking liquid** and **1 1/2 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 1/2 cups 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

