



**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    4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	14g	19g/24g	82g/89g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	400g	800g
PEARS	2	2
BRUSSELS SPROUTS	400g	400g + 200g
PECANS	1 packet	2 packets
GNOCCHI	2 packets	3 packets
GARLIC CLOVES	2	3
SAGE	1 packet	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.



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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**, **1-2 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 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 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**.

**6P** - add **cooked gnocchi**, **1 1/2 cup cooking liquid** and **2 tbsp vinegar** (see notes) to the sauce.



### 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

