

**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



4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	16g	10g	85g

## FROM YOUR BOX

ZUCCHINI	1
CORN COB	1
TINNED CANNELLINI BEANS	400g
LEMON	1
GARLIC CLOVE	1
GF GNOCCHI	2 x 400g
CHERRY TOMATOES	2 x 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

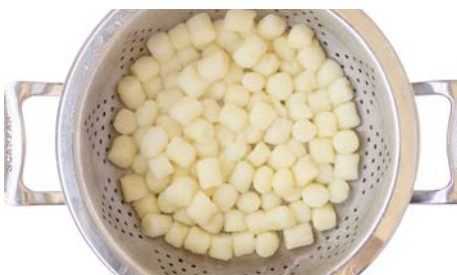
Instead of blending the beans, you can drain and toss them with the gnocchi at step 5.

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, **2 tbsp olive oil** and **1 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 a pinch of **chilli flakes**.



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