



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



4/6 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
	23g	12g	55g

FROM YOUR BOX

	4 PERSON	6 PERSON
TINNED CHICKPEAS	2x 400g	2x 400g
FENNEL	1 bulb	2 bulbs
ZUCCHINI	1	2
TINNED ARTICHOKEs	400g	2x 400g
GF GNOCCHI	2x 400g	3x 400g
SHALLOT	1	1
GARLIC CLOVE	1	2
LEMON	1	2
ROCKET LEAVES	120g	120g + 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**, slice **zucchini** and drain **artichokes**. Toss on a lined oven tray.



4. FINISH AND SERVE

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



2. ADD GNOCCHI & BAKE

Add **gnocchi** to **vegetables**. Toss with plenty of **oil**, **1 tbsp 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.

6P – add 1 1/2 tbsp oregano.



3. MAKE THE DRESSING

Dice **shallot** and crush **garlic**. Add to a bowl along with **1/4 cup olive oil**, **lemon zest**, **juice** of **1/2 lemon** (wedge remaining), **2 tbsp water**, **salt and pepper** (see notes). Mix to combine.

6P – add 1/2 cup olive oil, zest and juice of 1 lemon and 3 tbsp water.

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