





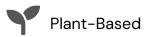
Crispy Gnocchi

with Brown Lentil and Cucumber Salad

Naturally gluten-free gnocchi from Perth locals, The Gluten Free Lab, is served crispy with a refreshing and delicious salad of brown lentils, ribboned cucumber and mint in a lemon dressing.







Switch it up!

To warm up this dish, add the drained lentils and dressing to the frypan once the gnocchi is crispy and cook for a further 1-2 minutes until warm.

TOTAL FAT CARBOHYDRATES

25g

24g

126g

FROM YOUR BOX

TINNED BROWN LENTILS	400g
LEBANESE CUCUMBER	1
MINT	1 packet
SNOW PEAS	150g
LEMON	1
GARLIC CLOVE	1
GNOCCHI	400g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried chilli flakes

KEY UTENSILS

large frypan

NOTES

If desired, omit the chilli flakes or add to taste.



1. PREPARE THE SALAD

Drain and rinse lentils. Ribbon cucumber. Finely chop mint leaves. Trim and slice snow peas. Place in a large bowl and set aside.



2. MAKE THE DRESSING

Zest lemon and juice half (wedge remaining). Crush garlic. Add to a bowl as you go with 3 tbsp olive oil, 1/2-1 tsp chilli flakes (see notes), salt and pepper. Whisk to combine.



3. CRISP THE GNOCCHI

Heat a large frypan over medium-high heat with **oil**. Add gnocchi to pan. Cook, tossing, for 6-8 minutes until golden. Season with **salt and pepper**.



4. TOSS THE SALAD

Add dressing to salad bowl and toss well to combine.



5. FINISH AND SERVE

Divide salad among shallow bowls and top with crispy gnocchi. Drizzle over extra olive oil.







