



Product Spotlight: Oregano

After the Romans conquered the Greeks, they inherited oregano and were responsible for its extensive use in Europe and abroad. With time, oregano found itself on a journey from the Middle East to China.



Pan-Fried Oregano Gnocchi with Romesco Sauce

Pan-fried potato gnocchi in an oregano pan sauce, served over homemade romesco sauce with balsamic roasted vegetables.



30 minutes



2 servings



Vegetarian

Spice it up!

Garnish the final dish with some bread crumbs toasted with lemon zest, and add lemon wedges, dried chilli flakes and parmesan cheese.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	12g	99g

FROM YOUR BOX

ZUCCHINI	1
BUTTON MUSHROOMS	200g
CHERRY TOMATOES	200g
OREGANO	1 packet
ROASTED PEPPERS	1 jar
ALMONDS	40g
GARLIC CLOVE	1
GNOCCHI	500g

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, balsamic vinegar

KEY UTENSILS

large frypan, oven tray, stick mixer (or small blender)

NOTES

If you want to try extra flavours in your romesco sauce, you can add some sun-dried tomatoes, substitute balsamic vinegar with sherry vinegar, toast the almonds before blending, and add some smoked paprika or cayenne pepper.

If preferred, substitute butter with olive oil.

No gluten option – gnocchi is replaced with gluten free gnocchi.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Crescent **zucchini** and halve **mushrooms**. Toss on a lined oven tray with **cherry tomatoes**, **1/2 packet oregano leaves**, **oil**, **3 tsp vinegar**, **salt and pepper**. Roast for 15–20 minutes until **vegetables** are golden and tender.



4. PAN-FRY THE GNOCCHI

Add **gnocchi** to pan with sauce. Cook, tossing, for 6–8 minutes until **gnocchi** is golden. Season with **salt and pepper**.



2. BLEND THE ROMESCO

Drain and slice **roasted peppers** (see notes). Chop **almonds** and crush **garlic** (reserve 1/2 for step 3). Use a stick mixer to blend with **1 tbsp vinegar** and **2 tbsp olive oil** to smooth consistency. Season with **salt and pepper**.



5. FINISH AND SERVE

Spoon **romesco** into shallow bowls. Top with **roasted vegetables** and **gnocchi**. Drizzle over remaining **butter sauce** from frypan.



3. MAKE OREGANO SAUCE

Heat a large frypan over medium-high heat with **2 tbsp oil** and **2 tbsp butter** (see notes). Cook for 2–3 minutes until **butter** begins to foam. Add reserved **garlic** and **oregano leaves** to pan.

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