



Product Spotlight: Sun-Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



Tuscan Butter Gnocchi

with Fresh Oregano

Tuscan butter is the flavour-bomb of the year; sun-dried tomatoes, crushed garlic and tomato paste mixed into butter and tossed through gnocchi, served with herbaceous fresh oregano and parmesan cheese.



30 minutes



2 servings



Vegetarian

Cold butter?

*Is your butter cold and slow to soften?
Grate the butter or remove it from the
block using a vegetable peeler to quickly
soften it.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	19g	104g

FROM YOUR BOX

GNOCCHI	500g
BROWN ONION	1
ZUCCHINI	1
ENGLISH SPINACH	1 bunch
GARLIC CLOVES	2
SUN DRIED TOMATOES	100g
TOMATO PASTE	1 sachet
OREGANO	1 packet
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Substitute butter with olive oil if desired.

English spinach can hide a lot of sand. Trim ends and place in a clean sink full of cold water for 5–10 minutes (the sand will sink to the bottom), rinse and dry in a salad spinner.



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1. COOK THE GNOCCHI

Bring **30g butter** out to soften (see notes) and bring a large saucepan of water to a boil.

Add **gnocchi** to boiling water and cook for 2–3 minutes or until tender. Reserve **2 cups cooking liquid** and drain or remove with a slotted spoon.



4. COOK THE VEGETABLES

Heat a large frypan over medium–high heat with **oil**. Cook **onion** and **zucchini** for 5 minutes until softened. Add **tuscan butter** to frypan. Cook for 3–5 minutes to melt **butter** and cook **garlic**.



2. PREPARE THE INGREDIENTS

Slice **onion** and grate **zucchini**. Wash **spinach** (see notes) and roughly chop.



5. ADD GNOCCHI AND TOSS

Add **gnocchi** and **1 – 1 1/2 cups cooking liquid** to frypan. Toss to combine. Add **spinach** and cook for 1 minute to wilt. Season to taste with **salt and pepper**.



3. MAKE THE TUSCAN BUTTER

Crush **garlic** and roughly chop **sun-dried tomatoes**. Add to **butter** along with **tomato paste**. Mix to combine.



6. FINISH AND SERVE

Divide **gnocchi** among shallow bowls. Garnish with **oregano** and **parmesan cheese**.

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