



### 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
	39g	33g	95g

## FROM YOUR BOX

GNOCCHI	400g
BROWN ONION	1
ZUCCHINI	1
ENGLISH SPINACH	1 bunch
CHERRY TOMATOES	200g
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 and cherry tomatoes 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. Halve cherry tomatoes if desired.



### 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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