



Product Spotlight: Walnuts

Walnuts are a good source of Omega-3s, which support brain and heart health, and since ancient times they have been recognised as a symbol of intellectuality!



Burst Tomato and Sweet Corn Gnocchi

Roasted tomatoes, sweet corn and zucchini tossed through fresh gnocchi and served with whipped feta, fresh basil leaves and walnuts.



30 minutes



4/6 servings



Vegetarian

Switch it up!

To switch up this dish, use the basil and walnuts to make a pesto to toss the gnocchi through.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	15g	17g/23g	58g/82g

FROM YOUR BOX

	4 PERSON	6 PERSON
GARLIC CLOVE	1	2
ZUCCHINI	1	2
CORN COB	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
FETA CHEESE	1 packet	2 packets
LEMON	1	2
BASIL	20g	2 x 20g
WALNUTS	40g	2 x 40g
GNOCCHI	700g	700g + 500g

FROM YOUR PANTRY

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

KEY UTENSILS

large saucepan, oven tray, stick mixer (or blender)

NOTES

Instead of making whipped feta, quarter the block and add to oven tray with 1/4 cup olive oil to bake with veggies, or crumble and toss through gnocchi at step 5.

No gluten alternative – gnocchi is replaced with **gluten-free gnocchi**. Cook according to packet instructions.



1. ROAST THE VEGETABLES

Set oven to 250°C. Bring a large saucepan of water to a boil.

Crush **garlic**, slice **zucchini** and remove **corn kernels** from **cob**. Toss in a lined oven dish with **tomatoes, oil, 1 1/2 – 2 tbsp balsamic vinegar, salt and pepper**. Roast for 10–15 minutes until **tomatoes** are bursting.



2. WHIP THE FETA

Use a stick mixer (see notes) to blend **crumbled feta, lemon zest, juice from 1/2 lemon, 1/2 tbsp olive oil, 3 tbsp water** and **pepper** to smooth consistency.

6P – blend **crumbled feta, zest and juice from 1 lemon, 1 tbsp olive oil and 1/2 cup water**. Season with **pepper**.



3. PREPARE THE TOPPINGS

Slice **basil leaves** and roughly chop **walnuts**.



4. COOK THE GNOCCHI

Add **gnocchi** to boiling water. Cook according to packet instructions or until tender. Drain the **gnocchi**.



5. TOSS THE GNOCCHI

Return **gnocchi** to pan. Add **roasted vegetables** and **remaining lemon juice**. Toss until well combined. Season with **salt and pepper**.



6. FINISH AND SERVE

Evenly divide tossed **gnocchi** among shallow bowls. Dot over **whipped feta**. Garnish with **basil** and **walnuts**.

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