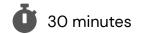


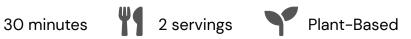


Ratatouille Gnocchi

A rich tomato ratatouille served with The Gluten Free Lab gnocchi.







Switch it up!

Instead of boiling your gnocchi to cook it, try pan frying. Heat a frypan over mediumhigh heat with oil. Add the gnocchi in batches and cook, turning occasionally, until it is golden and crispy.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

SMALL EGGPLANT	1
ZUCCHINI	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
ROASTED PEPPERS	1/2 jar *
TOMATO SUGO	1 jar (350g)
GNOCCHI	1 packet (400g)
BASIL	1/2 packet *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, dried oregano, balsamic vinegar

KEY UTENSILS

frypan, saucepan

NOTES

Instead of using the capsicum as a topping you can add it into the ratatouille for more flavour.



1. PREPARE VEGETABLES

Bring a saucepan of water to the boil.

Dice eggplant and zucchini. Halve cherry tomatoes. Slice roasted peppers (reserve for step 6).



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with oil. Crush garlic clove and add to pan. Cook, stirring, for 1 minute. Add eggplant, zucchini and 1 tsp oregano. Cook, stirring occasionally, for 6-8 minutes or until eggplant and zucchini are golden.



3. SIMMER THE RATATOUILLE

Add cherry tomatoes to the pan, along with sugo. Stir to combine. Simmer, covered, for 10-15 minutes until thickened. Stir through 2 tsp vinegar.



4. COOK THE GNOCCHI

Add gnocchi to boiling water and cook until they float (roughly 2-3 minutes). Drain.



5. TOSS THE GNOCCHI

Add gnocchi to ratatouille and toss, gently, until well coated. Season with salt and pepper.



6. FINISH AND SERVE

Thinly slice basil leaves. Divide gnocchi among shallow bowls. Top with slices of roasted peppers and basil.



