



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sage

Sage has anti-inflammatory properties and has been used medicinally for headaches, muscle aches & rheumatism. It's also used in aromatherapy and may be good for your memory!



1 Gnocchi with Walnut Bolognese & Crispy Sage

Soft pillows of gnocchi with a rich walnut and fennel bolognese sauce, topped with crispy sage leaves.

 30 mins

 2 servings

 Plant-Based

2 April 2021

Spice it up!

Finish the gnocchi with a sprinkle of nutritional yeast for a cheesy finish or some toasted nuts and seeds for a boost of protein.

Per serve: **PROTEIN** 25g **TOTAL FAT** 62g **CARBOHYDRATES** 83g

FROM YOUR BOX

WALNUTS	1 packet (130g)
SAGE	1 packet
SPRING ONION	1
FENNEL	1
CHERRY TOMATOES	1/2 bag (100g) *
PASTA SAUCE	1 jar (350g)
ROCKET	1/2 bag (60g) *
SUGAR SNAP PEAS	1/2 bag (75g) *
GNOCCHI	1 packet (400g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, apple cider vinegar

KEY UTENSILS

large frypan, saucepan with lid, small food processor (optional)

NOTES

You could also leave the walnuts out of the pasta sauce and serve them as a garnish or in the salad.



1. PREPARE WALNUT MINCE

Bring large saucepan of water to the boil (see step 5).

Finely chop walnuts to a fine consistency using a knife or small food processor (see notes).



2. CRISP THE SAGE

Pick the sage leaves. Add to a frypan over medium-high heat with **1 tbsp oil**. Cook for 2-3 minutes until crispy. Remove to a plate.



3. COOK THE SAUCE

Finely slice spring onion, dice fennel and halve tomatoes. Add to frypan as you go. Cook for 5 minutes until softened. Add chopped walnuts, pasta sauce and **1 jar (350ml) water**. Cover and simmer for 5 minutes.



4. PREPARE THE SALAD

Whisk together **1 tbsp olive oil, 1/2 tsp apple cider vinegar, salt and pepper**. Trim and slice sugar snap peas, add to bowl with rocket, toss through with dressing.



5. COOK THE GNOCCHI

Add gnocchi to boiling water and cook until they float (roughly 3 minutes). Drain and add straight to sauce. Stir through gently to combine. Season with **salt and pepper** to taste.



6. FINISH AND PLATE

Divide gnocchi among bowls. Serve with salad. Top with sage.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

