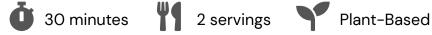


# Ratatouille Gnocchi

A quick and easy ratatouille sauce with eggplant, tomatoes and basil, served with soft pillowy potato gnocchi made with hemp flour for extra protein.







You can add some dried chilli flakes or fennel seeds for added depth of flavour! If you have any nutritional yeast, sprinkle some over top for added protein and a cheesy finish.

28g

115g

#### **FROM YOUR BOX**

SHALLOT	1
COURGETTES	2
YELLOW CAPSICUM	1/2 *
SMALL EGGPLANT	1
CHOPPED TOMATOES	400g
CHERRY TOMATOES	1 bag (200g)
BASIL	1 packet (20g)
GNOCCHI	1 packet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried thyme, balsamic vinegar, garlic clove (1)

#### **KEY UTENSILS**

large frypan with lid, saucepan

#### **NOTES**

You could also cook the cherry tomatoes in the sauce if preferred and garnish the gnocchi with fresh basil.



## 1. SAUTÉ THE VEGETABLES

Bring a saucepan of water to boil (for the gnocchi).

Slice shallot, courgettes and capsicum. Slice eggplant into crescents. Add to a frypan over medium-high heat with oil. Add 1 tsp dried thyme and cook for 5 minutes.



### 2. SIMMER THE SAUCE

Stir 1 tbsp balsamic vinegar into the vegetables. Add 1 crushed garlic clove. Pour in chopped tomatoes along with 1/2 tin (200ml) water. Cover and simmer for 10 minutes.



#### 3. PREPARE THE GARNISH

Quarter tomatoes and pick basil leaves. Toss together with 1 tbsp vinegar and 1 tbsp olive oil. Set aside.



### 4. COOK THE GNOCCHI

Add gnocchi to saucepan of boiling water and cook for 3 minutes or until they float.



### 5. ADD GNOCCHI TO SAUCE

Remove cooked gnocchi with a slotted spoon straight into the sauce. Stir to combine and season with **salt and pepper** 



### 6. FINISH AND PLATE

Divide among bowls and garnish with tomato and basil mix.

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



