



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Basil

Fresh basil should only be added to dishes for a short cooking time or fresh at the end, otherwise it will lose its lovely flavour!





## Spice it up!

*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.*

## 2 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.

 30 minutes

 2 servings

 Plant-Based

11 January 2021

Per serve: **PROTEIN** 28g **TOTAL FAT** 16g **CARBOHYDRATES** 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

*\*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**

