



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cannellini Beans

Cannellini beans contain a specific antioxidant called ferulic acid, which is proven to help protect skin by preventing sun damage!



2 Hemp Gnocchi with Cannellini Bean Sauce

Gluten-free hemp gnocchi from WA local Gluten-Free Lab, tossed through a creamy cannellini bean sauce, served with sautéed green vegetables and zesty lemon.

 25 mins

 2 servings

 Plant-Based

7 May 2021

Spice it up!

If you have the time available, you could pan-fry your gnocchi after boiling it. Add gnocchi to a pan over high heat with oil, fry for 2-3 minutes on each side to get a gold crust.

Per serve: **PROTEIN** 24g **TOTAL FAT** 22g **CARBOHYDRATES** 66g

FROM YOUR BOX

BROCCOLINI	1 bunch
GREEN BEANS	150g
SILVERBEET	1/2 bunch *
LEMON	1
GNOCCHI	1 packet
CANNELLINI BEANS	1 tin
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, 1 garlic clove, 1/2 stock cube

KEY UTENSILS

large frypan, saucepan, stick mixer

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. PREPARE VEGETABLES

Bring a saucepan of water to the boil (see step 3).

Trim broccolini and beans. Cut broccolini in thirds and beans in 3cm pieces. Remove silverbeet leaves from stalk. Zest lemon and cut in half.



2. SAUTÉ VEGETABLES

Heat a frypan over medium-high heat with oil. Add beans, broccolini and lemon zest, sauté for 2-3 minutes. Crumble in 1/2 stock cube, squeeze in juice of half lemon and cook, stirring, for another 1-2 minutes. Season with salt and pepper, add silverbeet.



3. COOK GNOCCHI

Add gnocchi to saucepan of boiling water. Cook for 2-3 minutes until they begin to float. Reserve 1/4 cup cooking water, drain remaining.



4. MAKE THE SAUCE

Reheat saucepan over medium heat with 2 tbsp olive oil. Sauté 1 garlic clove until golden. Using a stick mixer, blend cooked garlic and oil from saucepan, cannellini beans (incl. water), 3 tbsp reserved cooking water, juice of half lemon, salt and pepper. Blend to a smooth consistency.



5. TOSS THE GNOCCHI

Toss the cooked gnocchi through the cannellini bean sauce to coat.



6. FINISH AND PLATE

Roughly chop parsley and stir through vegetables. Divide gnocchi evenly among bowls, top with sautéed vegetables.

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

