



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: AVOCADO

Avocados contain over 20 vitamins and minerals. They are high in monounsaturated fats (good fats!) and are great for heart health!



1. PAN-FRIED GNOCCHI

WITH AVOCADO PESTO

Soft gnocchi pillows, pan fried until golden before tossed through a creamy avocado pesto with cashews and lemon.

 30 Minutes

 4 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
23g	31g	124g

16 March 2020

FROM YOUR BOX

LEMON	1
GARLIC	1 clove
CASHEWS	1/2 packet (50g) *
BASIL	1 packet
AVOCADO	1
GNOCCHI	1 packet (800g)
GREEN BEANS	1/2 bag (125g) *
BROCCOLINI	1 bunch
SPRING ONIONS	1/4 bunch *
CHERRY TOMATOES	1 bag (400g)
BABY SPINACH	1/2 bag (100g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, chilli flakes (optional)

KEY UTENSILS

frypan, stick mixer or blender

NOTES

Add some nutritional yeast to the pesto for a cheesy flavour if desired!



1. PREPARE THE PESTO

Zest and juice 1/2 the lemon (wedge remaining). Roughly chop garlic, cashews and basil. Blend together with avocado until smooth. Season with **salt and pepper**.



2. COOK THE GNOCCHI

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Add gnocchi and toss for 6-8 minutes until golden.



3. ADD THE GREENS

Trim and slice beans and broccolini. Slice spring onions. Halve tomatoes. Add to pan as you go. Cook for 5 minutes until tender.



4. TOSS THE GNOCCHI

Take the pan off heat. Add pesto and spinach and toss together until well coated. Loosen with **1/4 - 1/2 cup water**. Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Divide gnocchi among bowls. Garnish with **chilli flakes**, if using, and serve with lemon wedge.