




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

 25 mins

 4 servings

 Plant-Based

7 May 2021

### *Spice it up!*

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

Per serve: **PROTEIN** 17g **TOTAL FAT** 12g **CARBOHYDRATES** 57g

## FROM YOUR BOX

GREEN BEANS	250g
BROCCOLI	1
SILVERBEET	1/2 bunch *
LEMON	1
GNOCCHI	2 packets
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 beans and cut in 3cm pieces. Chop broccoli (including stems). 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, broccoli 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.



### 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](mailto:hello@dinnertwist.com.au)

