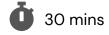




Miso and Hazelnut Gnocchi

A surprising combination of miso paste, tempeh and hazelnuts make up the base of the sauce to coat fluffy gnocchi.







Fry the grocchi!

Instead of boiling, try frying the gnocchi. Heat a frypan over medium-high heat with oil. Add gnocchi and cook for 2-3 minutes each side until golden brown.

PROTEIN TOTAL FAT CARBOHYDRATES

28g

54g

FROM YOUR BOX

BROWN ONION	1/2 *
HAZELNUTS	1 packet (40g)
KALE	1/2 bunch *
ZUCCHINI	1
MISO PASTE	1 sachet
PLAIN TEMPEH	2 packets (400g)
PIZZA PASTE	1 sachet
GNOCCHI	2 packets (800g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

large frypan, saucepan

NOTES



1. PREPARE INGREDIENTS

Bring a large saucepan of water to the boil (see step 4).

Slice onion, roughly chop hazelnuts, remove kale leaves from the stem and tear, grate zucchini.



2. FRY THE TEMPEH

Heat a large frypan over medium-high heat with **oil**. Add onions, hazelnuts, miso paste and tempeh. Use a spoon to break up the tempeh and cook for 4-6 minutes.



3. ADD VEGETABLES

Add zucchini and kale with pizza paste, cook for 1–2 minutes. Pour in 1 1/2 cup water. Simmer covered for 5–8 minutes.



4. COOK THE GNOCCHI

Add gnocchi to the boiling water and cook until they float (roughly 2-3 minutes). Drain.



5. TOSS IN GNOCCHI

Toss the cooked gnocchi through the sauce until well coated. Season with **salt** and pepper to taste.



6. FINISH AND PLATE

Evenly divide gnocchi into bowls.

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 O481 O72 599 or send an email to hello@dinnertwist.com.au



