




Product Spotlight: Miso Paste


This salty ingredient is made from fermented soy beans (or rice/barley) ground into a thick paste. It has a savoury, umami flavour and comes in a variety of shades from light to dark.



4 Miso and Hazelnut Gnocchi

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

 30 mins

 4 servings

 Plant-Based

23 July 2021

Fry the gnocchi!

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.

Per serve: **PROTEIN** 28g **TOTAL FAT** 15g **CARBOHYDRATES** 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

