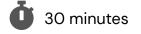




Garlic Fried Gnocchi

with Oven Roasted Tomatoes

Crispy on the outside and fluffy on the inside! Fresh potato gnocchi from Gluten Free Lab, pan-fried in garlic with lemon, silverbeet and sage, topped with jammy roasted tomatoes and toasted hazelnuts.





2 servings



Change it up!

You can blend the roast tomatoes and onion with the garlic to make a sauce. The gnocchi can be boiled instead of pan-fried if preferred.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

CHERRY TOMATOES	200g
SHALLOT	1
HAZELNUTS	1 packet (40g)
GNOCCHI	400g
GARLIC CLOVE	1
SAGE	1 packet
SILVERBEET	1 bunch
LEMON	1

FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, caraway seeds (optional)

KEY UTENSILS

large frypan with lid, oven tray

NOTES

You can use fennel seeds, cumin seeds or a dried herb of choice on the tomatoes if you don't have caraway seeds.

Only toss the gnocchi every minute or so to encourage browning and prevent the gnocchi from breaking apart.



Scan the QR code to watch our team cook this recipe on Instagram!



1. ROAST THE TOMATOES

Set oven to 220°C.

Halve tomatoes and slice shallot. Toss on a lined oven tray with 1 tbsp balsamic vinegar, 1 tsp caraway seeds, olive oil, salt and pepper (see notes). Roast for 20 minutes until tender.



2. TOAST THE HAZELNUTS

Roughly chop hazelnuts. Add to a dry frypan over medium-high heat. Toast for 3 minutes. Remove and set aside (keep pan on heat).



3. COOK THE GNOCCHI

Add 1 tbsp olive oil and gnocchi to pan. Toss for 5 minutes until golden (see notes). Add 1/4 cup water, cover and cook for 5 minutes until tender.



4. ADD THE AROMATICS

Add 1 tbsp olive oil to pan. Crush in garlic clove, and slice and add sage leaves. Toss for a further 2 minutes until fragrant.



5. ADD THE SILVERBEET

Slice silverbeet (use to taste) and add to pan along with 1 tsp lemon zest and 1 tbsp juice (wedge remaining). Cook until silverbeet is slightly wilted. Season with salt and pepper.



6. FINISH AND SERVE

Divide gnocchi among bowls. Top with tomatoes, shallot and hazelnuts. Serve with lemon wedges.

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



