




### Product Spotlight: Lemon


When zesting lemons, only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



## Crispy Gnocchi with Brown Lentil and Cucumber Salad

Naturally gluten-free gnocchi from Perth locals, The Gluten Free Lab, is served crispy with a refreshing and delicious salad of brown lentils, ribboned cucumber and mint in a lemon dressing.

 25 minutes

 2 servings

 Plant-Based

## Switch it up!

*To warm up this dish, add the drained lentils and dressing to the frypan once the gnocchi is crispy and cook for a further 1-2 minutes until warm.*

Per serve: **PROTEIN** 21g **TOTAL FAT** 23g **CARBOHYDRATES** 92g

## FROM YOUR BOX

TINNED BROWN LENTILS	400g
LEBANESE CUCUMBER	1
MINT	1 packet
SUGAR SNAP PEAS	150g
LEMON	1
GARLIC CLOVE	1
GNOCCHI	400g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried chilli flakes

## KEY UTENSILS

large frypan

## NOTES

If desired, omit the chilli flakes or add to taste.



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### 1. PREPARE THE SALAD

Drain and rinse lentils. Ribbon cucumber. Finely chop mint leaves. Trim and slice sugar snap peas. Place in a large bowl and set aside.



### 2. MAKE THE DRESSING

Zest lemon and juice half (wedge remaining). Crush garlic. Add to a bowl as you go with **3 tbsp olive oil**, **1/2-1 tsp chilli flakes** (see notes), **salt and pepper**. Whisk to combine.



### 3. CRISP THE GNOCCHI

Heat a large frypan over medium-high heat with **oil**. Add gnocchi to pan. Cook, tossing, for 6-8 minutes until golden. Season with **salt and pepper**.



### 4. TOSS THE SALAD

Add dressing to salad bowl and toss well to combine.



### 5. FINISH AND SERVE

Divide salad among shallow bowls and top with crispy gnocchi. Drizzle over extra **olive oil**.

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