



Product Spotlight: Nutritional Yeast

Nutritional yeast has a naturally savoury, cheesy flavour making it a brilliant dairy-free alternative to parmesan.



Creamy Pesto Gnocchi

Pillowy gnocchi tossed in a creamy basil and cashew pesto with sautéed mushrooms, asparagus and onion, finished with fresh rocket and a squeeze of lemon.



35 minutes



Plant-Based



2 servings

Crisp it up!

You can pan-fry or oven bake the gnocchi in some olive oil for a crispy texture!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	15g	105g

FROM YOUR BOX

FRESH GNOCCHI	500g
BASIL	60g
CASHEW/NUTRITIONAL YEAST MIX	50g
LEMON	1
BROWN ONION	1
MUSHROOMS	150g
ASPARAGUS	1 bunch
GARLIC CLOVE	1
ROCKET LEAVES	60g

FROM YOUR PANTRY

olive oil, salt, pepper, dried thyme, chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan, blender or stick mixer

NOTES

Trim the woody ends off the asparagus before slicing. Slice into 3cm pieces for more texture.

No gluten option – gnocchi is replaced with GF gnocchi.



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1. COOK THE GNOCCHI

Bring a large saucepan of salted water to boil. Add **gnocchi** and cook for 2–3 minutes, or until they float to the surface. Reserve **1 cup cooking water** before draining. Set aside.



2. MAKE THE PESTO

Add **basil leaves**, **cashew/nutritional yeast mix**, **1 tbsp lemon juice** (wedge remaining) and **1 1/2 tbsp olive oil** to a blender or jug. Blend until smooth and creamy. Season with **salt and pepper**.



3. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **olive oil**. Dice **onion**, slice **mushrooms** and **asparagus** (see notes). Add to pan as you go along with **1 crushed garlic clove**, **1/4 tsp chilli flakes** and **1/2 tsp thyme**. Cook for 6–8 minutes until tender.



4. TOSS THE GNOCCHI

Add drained **gnocchi** to pan along with **pesto** and **reserved cooking water**. Toss to coat and loosen **sauce** with more **water** if needed. Warm through for 1–2 minutes. Season with **salt and pepper**.



5. FINISH AND SERVE

Divide **gnocchi** among bowls. Garnish with **rocket leaves** and **lemon wedge**. Finish with a drizzle of **olive oil** and cracked **pepper**.

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