




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

 4 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** 24g **TOTAL FAT** 17g **CARBOHYDRATES** 120g

FROM YOUR BOX

TINNED BROWN LENTILS	2 x 400g
LEBANESE CUCUMBERS	2
MINT	1 packet
SNOW PEAS	150g
LEMON	1
GARLIC CLOVES	2
GNOCCHI	2 x 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.



1. PREPARE THE SALAD

Drain and rinse lentils. Ribbon cucumbers. Finely chop mint leaves. Trim and slice snow 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 along with **1/4 cup olive oil**, **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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