




Product Spotlight: Sun-Dried Tomatoes


Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



Tuscan Butter Gnocchi with Fresh Oregano

Tuscan butter is the flavour-bomb of the year; sun-dried tomatoes, crushed garlic and tomato paste mixed into butter and tossed through gnocchi, served with herbaceous fresh oregano and parmesan cheese.

 30 minutes

 4 servings

 Vegetarian

Cold butter?

Is your butter cold and slow to soften? Grate the butter or remove it from the block using a vegetable peeler to quickly soften it.

Per serve: **PROTEIN** 23g **TOTAL FAT** 23g **CARBOHYDRATES** 67g

FROM YOUR BOX

GNOCCHI	800g
BROWN ONION	1
ZUCCHINI	1
ENGLISH SPINACH	1 bunch
CHERRY TOMATOES	400g
GARLIC	3 cloves
SUN DRIED TOMATOES	100g
TOMATO PASTE	1 sachet
OREGANO	1 packet
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Substitute butter with olive oil if desired.

English spinach can hide a lot of sand. Trim ends and place in a clean sink full of cold water for 5-10 minutes (the sand will sink to the bottom), rinse and dry in a salad spinner.



1. COOK THE GNOCCHI

Bring **40g butter** out to soften (see notes) and bring a large saucepan of water to a boil.

Add gnocchi to boiling water and cook for 2-3 minutes or until tender. Reserve **2 cups cooking liquid** and drain or remove with a slotted spoon.



2. PREPARE THE INGREDIENTS

Slice onion and grate zucchini. Wash spinach (see notes) and roughly chop. Halve cherry tomatoes if desired.



3. MAKE THE TUSCAN BUTTER

Crush garlic and roughly chop sun-dried tomatoes. Add to butter along with tomato paste. Mix to combine.



4. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Cook onion and zucchini for 5 minutes until softened. Add tuscan butter and cherry tomatoes to frypan. Cook for 3-5 minutes to melt butter and cook garlic.



5. ADD GNOCCHI AND TOSS

Add gnocchi and **1 1/2 - 2 cups cooking liquid** to frypan. Toss to combine. Add spinach and cook for 1 minute to wilt. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide gnocchi among shallow bowls. Garnish with oregano and parmesan cheese.



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