

# Gnocchi Primavera

with Courgette and Cherry Tomatoes





In case you were wondering, pine nuts really do come from pine cones!





**Cherry Tomatoes** 









Crème Fraîche



Italian Style Grated Hard Cheese



Gnocchi

30 mins





Juicy cherry tomatoes combine beautifully with plump little gnocchi, fried until they're golden. Add a creamy pesto sauce and it becomes a symphony of summery flavour... even if the weather doesn't quite feel like summer yet!

### **BEFORE YOU** START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Fine Grater (or Garlic Press) and a Frying Pan. Now, let's get cooking!



**PREP THE VEGGIES** Quarter the cherry tomatoes. Remove the top and bottom from the courgette. Cut lengthways into 1cm wide strips, then chop into 1cm chunks.



**MAKE THE PESTO** Peel and grate the garlic (or use a garlic press). Finely chop the pine nuts and threequarters of the basil (stalks and all).  $\star TIP:$  If you have a pestle and mortar, use that. If not, make sure you chop everything as small as possible - no bigger than a grain of rice. Put the crème fraîche in a small bowl and mix in the garlic, pine nuts, chopped basil and Italian style cheese. Season with pepper. Stir and set aside.



**FRY THE GNOCCHI!** Put a drizzle of **oil** in a frying pan on high heat. When hot, add the gnocchi and fry until golden, 6-8 mins. Stir every minute or so to make sure the **gnocchi** doesn't burn. Season with a pinch of **salt** and a grind of **pepper**.



COOK THE COURGETTE Add the **courgette** to the pan. Fry until softened, another 3-4 mins.



**ADD THE TOMATOES** Now add the **cherry tomatoes** to the pan. Cook for 1-2 mins more or until they are warmed through.



**FINISH AND SERVE** Take the pan off the heat and mix in the creamy pesto. Serve the gnocchi in bowls, topped with the remaining basil leaves. **Buon appetito!** 

## **INGREDIENTS**

	2P	3P	4P
Cherry Tomatoes	1 punnet	1 large punnet	1 large punnet
Courgette	1	1	2
Garlic Clove	1/2	1	1
Pine Nuts 2)	25g	40g	50g
Basil	1 bunch	1 bunch	1 bunch
Crème Fraîche 7)	½ small pouch	¾ small pouch	1 small pouch
Italian Style Grated Hard Cheese 7)	1 pack	1½ packs	2 packs
Gnocchi 13)	¾ pack	1 pack	1½ packs

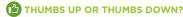
NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 464G	PER 100G
Energy (kcal)	555	120
(kJ)	2320	500
Fat (g)	23	5
Sat. Fat (g)	8	2
Carbohydrate (g)	71	15
Sugars (g)	7	2
Protein (g)	20	4
Salt (g)	1.58	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

### **ALLERGENS**

2) Nut 7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.



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