

One Pot Gnocch-out



Serves
4-6

Cooking time
30

Cost per serve
\$3

Veg per serve
4



TIP
Freeze leftovers for up to six months for a quick and easy meal.



Ingredients

- ½ butternut pumpkin
- 1 red onion, 2 garlic cloves
- Small bunch fresh basil (leaves only)
- 125g reduced fat cheese
- 1 tbsp olive oil
- 1 tsp dried herbs, 2 tbsp reduced salt vegetable stock powder,
- 2 x 400g can diced tomatoes
- 500g packet shelf stable gnocchi
- 400g can brown lentils, 1 cup spinach



Equipment

- Peeler
- Chopping board
- Knife
- Grater
- Spoon measures
- Frypan and lid
- Wooden spoon
- Can opener
- Cup measures
- Strainer

How to make it



1. Peel pumpkin and cut into bite size pieces. Finely chop onion, garlic and basil. Grate cheese.



2. Add oil to frypan and turn onto a medium heat. Add chopped onion and cook for 2 minutes until soft. Add garlic and 1 tsp of dried herbs and cook for 1 minute.



3. Add pumpkin and cook for 2 mins. Add 2 tbsp of vegetable stock powder, 2 cans of tomatoes, 1½ cups of water to frying pan, and stir. Cover with lid and cook for 5 mins, stirring occasionally.



4. Add gnocchi and 1 cup of water, stir to combine. Cook uncovered for 5 minutes or until the gnocchi is tender. Drain and rinse the lentils and add to the pan.



5. Turn off the heat, stir 1 cup of spinach and chopped basil through the gnocchi. Top with grated cheese and serve.