

One Pot Gnocch-out

Gluten free
Vegetarian



Serves

4-6

Cooking time



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



Tasty learning for life



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.



nom!

