



POTATO GNOCCHI

Preparation Time

25 minutes

Cooking Time

15 minutes

Serves

6

Gnocchi Ingredients:

1.1kg Desiree potato
2 eggs, lightly beaten
200g '00' flour
Sea salt
Pinch of nutmeg

Tomato Sugo Ingredients:

100ml olive oil
1 medium onion, finely chopped
2 cloves garlic, crushed
Half-cup fresh basil leaves torn into small pieces
Salt and pepper to taste
1.2kg peeled Italian plum tomatoes – drained, seeded and chopped

Spinach Pesto:

½ cup grated parmesan
50g baby spinach leaves
½ cup walnuts, chopped
2 cloves garlic, crushed
100 to 150ml olive oil

Preparation:

Place the potatoes (skin on) in a large tray. Bake at 180C for 1 hour or until tender.

Peel skins from the potato and process through a ricer or tammi.

Weigh out 1kg and place on a bench. Add sea salt, ground nutmeg, eggs and flour. Gently incorporate the ingredients and work until smooth but as little as possible.

Place a large pot of water on to boil.

Place a little extra flour on the bench and cut the gnocchi mix into 8 equal size portions. Roll out each gnocchi portion into a 1.5cm tube. Cut at 2cm intervals and gently place on a flat tray.

Drop them into the simmering water and remove them when they float. Lightly oil them and let cool if serving later or baking, or simply serve straight away with a fresh sauce.

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Nutritional tip:

Potatoes are rich in Vitamin C. They also contain potassium and dietary fibre.

Fight food waste:

Remove potatoes from plastic bags and store unwashed in a cool, dark, dry place away from onions.