



Sweet tomato gnocchi

FRESH SPINACH & HAZELNUT PESTO, ASPARAGUS & OLIVES

SERVES: 2 WITH LEFTOVER PESTO

COOKS IN: 18 MINUTES

DIFFICULTY: NOT TOO TRICKY

NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
470	8.5g	1.8g	11.1g	1.6g	14.7g	83.1g	5.2g
24%	12%	9%	12%	27%	29%	32%	-

OF AN ADULT'S REFERENCE INTAKE

Method

Put a 30cm non-stick frying pan on a medium-high heat. Peel and finely slice the garlic and place most of it in the pan with a little drizzle of olive oil and the gnocchi. Fry for 5 minutes, tossing occasionally, while you pound the remaining garlic with the hazelnuts in a large pestle and mortar. Pound in the spinach (in batches, if needed), loosen with a little extra virgin olive oil, finely grate in most of the Parmesan and season to perfection.

Scrunch the tomatoes into the pan through clean hands, and add ½ a tin's worth of water. Simmer for a couple of minutes until thickened, and season to perfection. Snap the woody ends off the asparagus, nestle the spears into the sauce, then cover and steam for 5 minutes, jiggling the pan occasionally. Squash and destone the olives. Serve the gnocchi and asparagus with a dollop of pesto, then tear over the olives and finely grate over the remaining Parmesan, to finish.

Ingredients

- 2 cloves of garlic
- olive oil
- 400 g potato gnocchi
- 20 g blanched hazelnuts
- 100 g baby spinach
- extra virgin olive oil
- 20 g Parmesan cheese
- 1 x 400g tin of quality plum tomatoes
- 250 g asparagus
- 4 black olives , stone in

