



## Green Gnocchi

(serves 2-3)

### Ingredients

- 1 medium head of broccoli
- 2 medium potatoes
- 1 egg
- 1 ½ cups of plain flour
- ½ cup grated low fat cheese

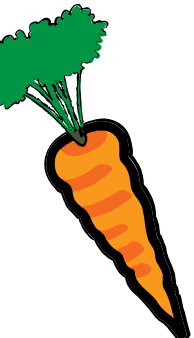
### Directions

1. Peel and cut potatoes. Wash and cut broccoli into pieces.
2. Steam veggies until soft and cool slightly.
3. Line a tray with baking paper.
4. Mash veggies together.
5. Add the egg and half of the flour and stir to combine.
6. Add remaining flour and stir with a wooden spoon (add more flour if needed, but don't let mixture become too dry, ideally it should stick to your hand)
7. Turn onto a lightly floured surface and knead until smooth.
8. Divide dough into three pieces. Roll each portion into a log (about 2cm-diameter).
9. Using a lightly floured knife, cut dough into 2cm pieces.
10. Lightly flour your hands and roll each piece of dough into a ball.
11. Dip a fork into flour and using the back of the fork press each ball.
12. Place gnocchi on tray.
13. Bring a saucepan of water to the boil over medium heat.
14. Add half of gnocchi to the boiling water. Gnocchi will sink to the bottom of the pan then float on top once they are ready (about 3 minutes). Use a slotted spoon to drain and transfer to a plate. Cover with foil to keep warm. Repeat with the remaining gnocchi.

Variation: Try substituting broccoli with any of your favourite vegetable.

Tip: you can use left-over steamed or roast vegetables in this recipe.

Note: Excess gnocchi can be frozen (freeze before cooking).





## Orange Gnocchi

(serves 2-3)

### Ingredients

- 1 medium sweet potato
- 1 egg, lightly whisked
- 1 ½ cups plain flour
- ½ cup grated low fat cheese
- Plain flour, to dust

### Directions

1. Peel and coarsely chop sweet potato.
2. Steam sweet potato until soft and cool slightly.
3. Line a tray with baking paper.
4. Mash sweet potato.
5. Add the egg and stir with a wooden spoon.
6. Add half the flour and cheese and mix until combined.
7. Add the remaining flour and stir until well combined (if mixture is very soft add more flour).
8. Turn onto a lightly floured surface and knead until smooth.
9. Divide dough into three pieces. Roll each portion into a log (about 2cm-diameter)
10. Using a lightly floured knife, cut dough into 2cm pieces.
11. Lightly flour your hands and roll each piece of dough into a ball.
12. Dip a folk into flour and using the back of the folk press each ball.
13. Place gnocchi on tray.
14. Bring a saucepan of water to the boil over medium heat.
15. Add half of gnocchi to the boiling water. Gnocchi will sink to the bottom of the pan then float on top once they are ready (about 3 minutes). Use a slotted spoon to drain and transfer to a plate. Cover with foil to keep warm. Repeat with the remaining gnocchi.

Variation: Try using a mixture of potato and sweet potato.

Tip: you can use left-over mash potatoes in this recipe

Note: Excess gnocchi can be frozen (freeze before cooking).





## So simple Red Sauce

(serves 2-3)

### Ingredients

- 420g tin brown lentils drained
- 420g can tinned tomatoes
- 1 tablespoon vinegar (try apple cider vinegar)

### Directions

1. Mix lentils, tomatoes and vinegar in pan.
2. Cook on medium heat until warm.

### Tasty variation

(serves 4)

Fry one onion and two cloves garlic in olive oil in a saucepan. Add two cans of lentils, one can of tinned tomatoes, a can of tinned tomato soup, 1 grated zucchini, 1 grated carrot and 1 tablespoon vinegar. Cook for 15 minutes.

Instead of red sauce, gnocchi can be served with anything sauce (bolognese sauce).

Recipe available at [www.makingfoodfun.com](http://www.makingfoodfun.com)

