

FAST

Golden Pumpkin Gnocchi

with Toasted Almond and Parmesan

 20min  4 Portions

When the nightly chorus of "I'm hungry" begins and tummies start to rumble, here's an ultra- fast dish that will get everyone nourished and happy in record time. And what's not to love about fluffy gnocchi, especially when it's rolling around in a buttery pumpkin and capsicum sauce? Toasted almonds provide some golden crunch and a smattering of grated parmesan finishes everything off with a ban...

What we send

- potato gnocchi ^{1,17}
- parmesan ⁷
- capsicum
- slivered almonds ¹⁵
- red onion
- parsley, garlic
- Japanese pumpkin

What you'll require

- butter ⁷
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

- box grater
- colander
- large frypan
- large saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Using the starchy cooking water in pasta sauces is a traditional Italian technique. The starch, released from the pasta or gnocchi while cooking, thickens the sauce and adds a glossiness.

Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 750kcal, Fat 28.0g, Carbs 96.9g, Proteins 19.5g



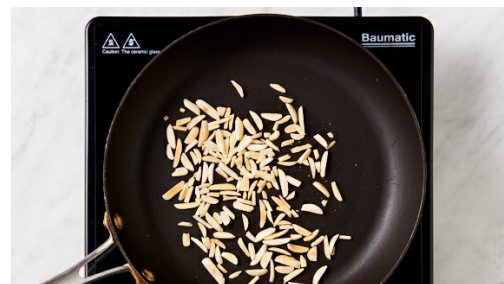
1. Prepare ingredients

Read through the recipe. Thinly slice the **onion**. Thinly slice the **capsicums**, discarding the seeds and membrane. Crush or finely chop the **garlic**. Peel and coarsely grate the **pumpkin**.



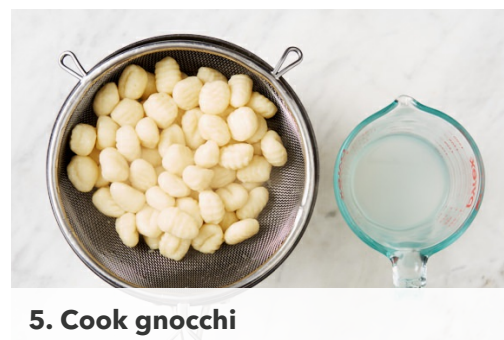
4. Grate parmesan

Meanwhile, finely chop the **parsley**, including the stems. Finely grate the **parmesan**.



2. Toast almonds

Put the **almonds** in a cold large deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan, reserving the pan. Bring a large saucepan of salted water to the boil for the gnocchi.



5. Cook gnocchi

Cook the **gnocchi** in the pan of boiling water for 3 mins or until they rise to the surface of the water. Reserve **250ml (1 cup) cooking water**, then drain the gnocchi.



3. Start sauce

Heat **2 tbs olive oil** in the reserved pan over medium heat. Cook the **onion** and **capsicum**, stirring regularly, for 3 mins or until beginning to soften. Increase the heat to medium-high and add **40g butter**, **garlic** and **pumpkin**. Cook, stirring, for 3-4 mins until the pumpkin is softened. Stir in **2 tsp red wine vinegar** and season with **salt and pepper**.



6. Get ready to serve

Add the **cooking water** (see cooking tip) and **parsley** to the vegetables and cook, stirring, for 1 min or until well combined. Add the **gnocchi** and toss gently to coat in the vegetable mixture. Divide the **gnocchi** among bowls. Scatter over the **almonds** and **parmesan** to serve.