






More Than Food

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## Pan-Fried Gnocchi with Green Beans, Mushrooms & Yoghurt-Pesto Sauce

We think that crispy pan-fried gnocchi with a yoghurt and basil pesto sauce is not only super tasty but incredibly easy to make! The gnocchi has a crispy coating and a pillow-like centre, accompanied by 'meaty' chestnut mushrooms, tasty green beans, cheese and basil. Tossed in a pesto sauce and garnished with sun-dried tomatoes and crunchy walnut pieces. We think we've made our own delicacy with this twist on a classic Italian dish!

 35 mins

 veggie



Chestnut Mushrooms



Green Beans



Basil



Sun-Dried Tomatoes



Natural Yoghurt



Basil Pesto



Gnocchi




Hard Italian Cheese



Walnuts

## Ingredients

	2P	4P
Chestnut Mushrooms, sliced	1 punnet	2 punnets
Green Beans, halved	½ pack	1 pack
Basil, chopped	½ bunch	1 bunch
Sun-Dried Tomatoes, chopped <b>1</b>	⅓ cup	⅔ cup
Natural Yoghurt <b>2</b>	1 pot	2 pots
Basil Pesto <b>2</b>	4 tbsp	8 tbsp
Gnocchi <b>3</b>	400g	800g
Hard Italian Cheese <b>2</b>	2 tbsp	4 tbsp
Walnuts <b>4</b>	1½ tbsp	3 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Sulphites | **2)** Milk  
**3)** Gluten | **4)** Nut

**Nutrition per serving:** Calories: 621 kcal | Protein: 18 g | Carbs: 89 g | Fat: 20 g | Saturated Fat: 15 g



**1** Slice the mushrooms. Trim the ends off the green beans and slice in half. Remove the basil leaves from their stems and roughly chop them. Chop the sun-dried tomatoes.



**2** Add the yoghurt, pesto and 1 tbsp of olive oil into a bowl and whisk together.



**3** Heat ½ tbsp of olive oil in a frying pan over a medium-high heat. Once hot, add the mushrooms to your frying pan and season with a pinch of salt and pepper. Gently fry for 3-5 mins or until lightly browned and softened. Transfer into a small dish and cover with some foil (to help keep them warm), but do not turn off the hob.



**4** Bring a large pot of water with ¼ tsp of salt to the boil for your beans. As soon as the water is boiling, add the beans. Simmer for 5-6 mins or until the beans are tender, then drain. Lightly season them with a pinch of salt and pepper.

**5** Meanwhile, heat 1 tbsp of oil in the (now empty) frying pan on

medium-high heat. When hot, add the gnocchi. Gently fry for 8 mins until it's crispy around the edges. Remove from the heat, but place a lid on the pan to keep the gnocchi warm if your beans aren't cooked yet.

**6** Add 1 tbsp of chopped basil to the gnocchi. Stir through (it will wilt slightly). Add the mushrooms, beans and cheese. Pour in the yoghurt-pesto sauce. Gently mix to combine and coat in the sauce. Taste for seasoning, and add an extra pinch of salt and pepper if needed.

**7** Spoon your gnocchi into serving bowls and garnish with the sun-dried tomatoes, walnuts and the remaining basil. Enjoy!