

Midweek Tomato Gnocchi

Takes 10 minutes | Serves 3-4

GF, NF, SF, OF

Your new midweek staple, this flavour packed 10 minute gnocchi. So much flavour from the herby hemp pesto, garlic mushrooms, and fresh basil. Buon appetito!



Pasta

500g gnocchi
1 tsp olive oil
½ onion, finely diced
2 cloves garlic, crushed
400g canned tomatoes
Salt and pepper
Handful basil leaves

Mushrooms

500g mushrooms, sliced
2 cloves garlic
2 tbsp vegan butter/coconut oil
1 tsp olive oil
Juice of ½ a lemon
Salt and pepper

Hemp Pesto

½ c extra virgin olive oil
2 tbsp hemp seeds
2 tbsp nutritional yeast
Juice of 1 lemon
Handful fresh basil
Salt and pepper

- 01 Heat a large pot and add olive oil and onion. Saute on low for a few minutes. Add the garlic and tomatoes and simmer for 10 minutes.
- 02 Meanwhile, make the pesto - add all pesto ingredients to a blender and blitz until smooth.
- 03 Lastly, heat a frying pan until really hot. Add the olive oil, vegan butter, mushrooms, garlic, and lemon. Keep moving the mushrooms around the pan for 3-4 minutes until golden brown.
- 04 Boil a large pot of water, add a pinch of salt, then add the gnocchi. When they rise to the top they're cooked. Drain and add to your pasta sauce with a handful of fresh basil leaves and salt and pepper to taste.
- 05 Place the gnocchi on one side of the plate, add the mushrooms, then drizzle over the pesto and top with extra basil leaves.

* See the Notes section inside Cooking School for dietary substitutions, tips, and more.