



MOUTHWATERING RICOTTA GNOCCHI WITH ZESTY GREENS

Courtesy of: Loren Chambers



Method:

1. Heat a large pot of water to boiling point.
2. In a bowl, combine ricotta, flour, ¼ of parmesan, salt/pepper and parsley into dough.
3. Divide dough into quarters and on a lightly floured bench, roll each quarter into a log and cut into 2cm pieces.
4. Once water has reached boiling point, drop the gnocchi in batch by batch.
5. Cook for ~2 minutes. When ready, they will float to the surface.
6. Scoop up cooked gnocchi with a slotted spoon and rest on a wide baking tray.
7. Meanwhile, in a large frying pan, melt the butter, olive oil and thyme and cook for 2-3 minutes.
8. Add kale, green beans, and spinach until lightly wilted.
9. Remove from heat and combine gnocchi and lemon juice/rind in a large serving bowl.
10. Gently toss to coat and sprinkle over remaining parmesan.

Ingredients:

- 800g ricotta cheese
- ½ cup finely grated parmesan
- 2/3-3/4 cup plain flour to roll over the ricotta balls (helps prevent sticking)
- ½ bunch finely chopped kale
- 2 handfuls spinach
- 1 cup soft green beans (pre-cooked)
- 1 tsp parsley
- 50g chopped butter
- Garlic-infused olive oil
- 3 tbsp fresh thyme leaves
- 2 tbsp lemon juice/rind
- Salt and pepper to taste

Nutrition Information

Serves 4 people.

Nutrient	Per serve
Energy	2460 kJ
Protein	31.7 g
Fat	37 g
Saturated Fat	19 g
Carbohydrate	26.5 g
Calcium	747 g



HOT TIPS

Ricotta cheese is best from a fresh food market or Italian deli. Place cheese in a strainer for an hour to drain any excess water.