



Tomato and Basil Gnocchi

Serves 2

Prep time: 5 minutes

Cooking time: 15 minutes

Per portion

Calories: 385

Fat: 1.5g

Saturates: 0.6g

Carbs: 79.5g

of which sugars: 7.1g

Salt: 2.2g

Ingredients:

- 1 x 350g jar of Cirio Passata Rustica (ordinary passata can be used)
- 5 spring onions, finely sliced
- 1 clove of garlic, peeled and finely diced
- 400g fresh gnocchi
- 1 small handful of basil leaves, finely chopped
- 1 vegetable stock cube
- Freshly ground black pepper
- Rapeseed oil spray
- A few fresh basil leaves to serve
- A little fresh vegetarian style Parmesan to serve (optional)

Instructions:

Heat a frying pan and add a couple of sprays of the oil, spring onions and garlic and cook on a low heat to soften.

Add the tomato passata and increase the heat slightly. After a about 3-4 minutes add the chopped basil leaves and black pepper and turn down the heat, stirring occasionally.

Bring a large pan of water with the stock cube to the boil.

Add the gnocchi and simmer for 1-2 minutes until the dumplings rise to the surface. Drain and add straight to the tomato sauce and stir gently.

Serve straight away and sprinkle a few basil leaves and cheese over the top if required.

TIP: To spice it up add ½ a chopped red chilli when you cook the onions and garlic.