

SQUASH GNOCCHI

Servings 2 | Prep Time 20min | Total Time 1hr

The Yummy Ingredients:

Gnocchi

- 1 large-ish baking potato
- 1 small pumpkin, Kuri squash, or other sweet pumpkin or 1 cup pumpkin mashed
- 1 egg
- 1 ¾ cup all-purpose flour, more as needed
- 1 tsp salt
- 2 tbsp salted butter

Sage-flavoured Butter Sauce

- 2 tbsp salted butter
- ½ tsp dried sage
- 1 clove of garlic, mashed
- 1 tbsp all-purpose flour
- 1 tbsp cream
- ½ cup water saved from boiling the gnocchi
- Grated parmesan to garnish

The How To:

1. Preheat oven to 200°C/400°F/Gas 6.
2. Line a baking tray with parchment paper.
3. Pierce potato with a fork several times; wrap in parchment. Slice pumpkin in half; scoop seeds out. Place potato and pumpkin halves on baking tray cut side down; roast for 35–45 min. Remove from oven and let cool until safe to handle.
4. Remove skin and mash the potato. Remove pumpkin skin (if using Kuri squash you don't need to peel it). Purée the pumpkin in a blender or food processor. Mix potato with pumpkin purée. Put the flour onto a clean surface and place the potato-pumpkin mix in the centre. Make a well in the centre of the mixture and crack the egg into it. Sprinkle salt on top and whisk the egg. Use clean dry hands to mix all ingredients into a dough, being careful not to overwork it. Form the dough into a smooth, rounded loaf. Cut off slices of the loaf and roll each one into a long roll, about ½ inch in diameter. Cut the roll into 2cm-thick pieces. Sprinkle a plate with flour and place the gnocchi onto the plate in a single layer. Sprinkle a little more flour over the gnocchi.
5. Bring a large pot of lightly salted water to boil. Add the gnocchi one at a time to the water, working in batches. Once the gnocchi rise to the top of the boiling water, remove them with a slotted spoon and place on absorbent paper. Save ½ cup of water for the sauce.

Sage-flavoured Butter Sauce:

Add 2 tbsp of butter in a large frying pan and pan-fry the gnocchi on one side until lightly crispy, leaving the other side soft. Remove from pan and set aside. In the same pan, add 2 tbsp butter, the sage, and the mashed garlic clove. Gently cook for a few minutes over low heat, until the garlic becomes golden. Add 1 tbsp flour to the pan and whisk. Slowly add cream and whisk. Add the saved starchy water slowly, whisking until the sauce is the desired thickness. Pour the sauce over the gnocchi, sprinkle with sage and parmesan; serve hot.

www.bubbling.life @ www.tablehurstfarm.org.uk

SHOPPING LIST:

Pumpkin
Baking potato
Garlic
Cream
Parmesan
Salted butter
Egg
All-purpose flour
Salt
Dried sage

Tip: Spot the pumpkin stickers round the shop to find your ingredients.



Nutrition values

Servings: 2

Amount per serving

Calories **766**

% Daily Value*

Total Fat 30.6g **39%**

Saturated Fat 17.6g **88%**

Cholesterol 152mg **51%**

Sodium 393mg **17%**

Total Carbohydrate 107.3g **39%**

Dietary Fibre 17.1g **61%**

Total Sugars 3.2g

Protein 25.9g

Vitamin D 24mcg **118%**

Calcium 189mg **15%**

Iron 6mg **35%**

Potassium 1157mg **25%**

(*) The % Daily Value (DV) is an *indication* of how much a nutrient in a food serving contributes to a 2,000 calorie "standard" daily diet (according to various government guidelines). DVs do not take into consideration:

- Age
- Health & Exercise status
- Pregnancy, breastfeeding & other nutritional demands
- Food quality, provenance, season, transport, storage, and preparation methods

*****Calorie counting does not necessarily reflect sound nutrition*****

- Watch University of California's short video "Are All Calories the Same?"
https://www.youtube.com/watch?v=a_r8mIAiL00
- Watch Stanford Health Care's longer video "Is a Calorie a Calorie?"
<https://www.youtube.com/watch?v=nxyxcTZccsE>

We LOVE your feedback!

Let us know what recipes you'd like to see in our shop.

If you make this recipe & like it, post it on your social media and tag us.

