

ROAST VEGETABLE PESTO

GNOCCHI RECIPE



Ingredients

- 1 punnet cherry tomatoes
- 1 zucchini, diced
- Olive oil
- Salt
- 500g traditional gnocchi
- 2 cups mushrooms, quartered
- 1 tsp dried fennel seeds
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 garlic clove, minced
- 1 tbsp soy sauce
- 1 tbsp maple syrup
- 1 tbsp lemon juice

Rocket Pesto Sauce:

- 3 cups rocket
- ½ cup walnuts
- 3 tbsp nutritional yeast
- 2 garlic cloves
- 2 tbsp lemon juice
- ½ cup vegetable stock
- Salt & pepper

OPTIONAL

Cashew Cheese Sauce:

- ½ cup cashews
- ¾ cup warm water

Method

- Preheat oven to 200c
- Toss cherry tomatoes & zucchini with olive oil and salt and place on oven tray. Bake for about 20-30mins
- Cook gnocchi as per packet instructions
- Heat oil in a fry pan. Add mushroom and cook for 5 mins.
- Add fennel, basil, oregano, garlic, soy sauce, maple syrup and lemon juice. Cook, stirring for about 5 mins.
- Place rocket, walnuts, nutritional yeast in a blender and blend until finely chopped. Add garlic, lemon juice, vegetable stock, salt and pepper.
- Blend cashews and water for 3-5mins until creamy
- Combine all components together in a large bowl. Add more salt and olive oil if required

