

ZERO-WASTE CUISINE RECIPES

Main Course

Hidden Veggie Gnocchi Pasta

Serves: 13

Ingredients

4 tbsp extra virgin olive oil

1 tbsp mixed Italian herbs

1.2kg Gnocchi integrale

Whole bulb of garlic, washed well

3 red onions, cut in half

Punnet of cherry tomatoes

330g jarred tomatoe sauce

2 carrots, chopped

1 zucchini, chopped

1 red pepper, chopped

1 small cauliflower, florets roughly chopped

2 tins of cannellini beans, ***drain the liquid from one can and preserve the liquid from the other can – we will use this***

Sea salt & pepper to season

To serve:

Fresh basil, torn apart/sliced

Parmesan cheese, to serve

Method:

1. Preheat the oven on 200c and line 2 baking trays with baking paper
2. Spread the vegetables out evenly on both trays, drizzle with olive oil and season with the Italian herbs, salt and pepper. Roast for 30-35mins or until all the vegetables are tender and the garlic is soft.
3. Whilst the veggies cook, bring a large pot of water to a boil.
4. When the vegetables are cooked, leave to cool slightly. Gently squeeze the head of the garlic and add the cloves to your blender together with the rest of the vegetables, tomato sauce and the beans together with the reserved liquid. Blend until combined and smooth.
5. Cook the gnocchi in your boiling water for around and cook for around 2mins. Drain the water and add the gnocchi back into the sauce pan, pour in the sauce and combine.
6. Separate into bowls and serve with a garnishing of fresh basil and parmesan cheese.