Dinner

Gnocchi Tossed with Spinach, Walnuts and Currants

Soft potato gnocchi are folded through wilted baby spinach, sweet plump currants and golden toasted walnuts. A quick pan dinner that comes together in about 15 minutes.



Vegetarian

20 min	279	36.7 g	4.3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 1/2 tablespoons olive oil
- [ ] 1/3 cup walnut pieces, chopped
- [ ] 1 small onion, finely chopped
- [ ] 1/3 cup currants
- [ ] 2 garlic cloves, crushed
- [ ] 120 g baby spinach leaves
- [ ] 1/4 cup salt reduced vegetable stock
- [ ] 625 g fresh potato gnocchi

Method

- [ ] 1 Begin by warming a teaspoon of the olive oil in a non-stick frying pan set over medium heat, then tip in the chopped walnut pieces and let them toast, giving the pan a shake now and then, until they turn golden.
- [ ] 2 Scoop the nuts out onto a plate and leave them to one side for later.
- [ ] 3 Pour whatever olive oil is left into the same pan.
- [ ] 4 Soften the finely chopped onion in that oil, giving it a 3 minute sauté or until it turns tender.
- [ ] 5 Next in go the currants along with the crushed garlic cloves.
- [ ] 6 Keep everything moving around the pan for 1-2 minutes, by which point the currants should have plumped up nicely.
- [ ] 7 Tip in the baby spinach leaves together with the salt reduced vegetable stock and fold it all gently, just until the leaves start to wilt.
- [ ] 8 While the pan work happens, boil the fresh potato gnocchi according to the instructions on the packet, taking it to al dente.
- [ ] 9 Once drained, send the gnocchi straight back into the pan along with the spinach mixture and the reserved walnuts, turn everything through gently and bring it straight to the table.

Nutrition Facts

Per serving

Calories	**279**
Total fat	13.7 g
Saturated fat	Not listed
Sodium	145 mg
Total carbs	36.7 g
Fiber	6 g
Total sugars	4.3 g
Protein	9 g

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