



Low FODMAP Gnocchi alla Trapanese

Serves: 2

Prep: 5 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
Pepitas (pumpkin seeds)	20 g	0.7 oz
Basil	30 g	1 oz
1 tbsp garlic infused olive oil	18 g	0.6 oz
1 tbsp extra virgin olive oil	18 g	0.6 oz
Pecorino cheese	20 g	0.7 oz
Ripe cherry tomatoes	175 g	6 oz
Green beans	50 g	1.8 oz
Gluten free gnocchi	350 g	12.3 oz
1 lemon		
Rocket	50 g	1.8 oz

Method

1. Fill a pot with salted water and bring to the boil over a high heat.
2. Place pepitas into a bowl, add a pinch of salt.
3. Pick and very finely chop the basil, and stir into the pepitas with 1 tbsp of olive oil and 1 tbsp of garlic oil. Season with salt and black pepper, then finely grate in half the pecorino.
4. Halve the tomatoes and add to the pesto mix. Crush with your hands until they are mixed together.
5. Trim the beans and add to boiling water for 4 minutes, or until tender. Lift out of pan and chop into 3cm lengths. Put aside.
6. Add the gnocchi to the boiling water and cook for 2 to 3 minutes, or until they float.
7. Drain, reserving a mugful of cooking water, then tip back into the warm pan along with the pesto and beans. Put the pan over low heat and stir gently, loosening with cooking water, until everything is hot and the gnocchi is coated with pesto.
8. Measure 1 tbsp of olive oil into a bowl, season, and squeeze in lemon juice to taste. Add the rocket, then toss to cover.
9. Divide the gnocchi between plates, scatter with rocket and grate over the remaining pecorino.

Nutrition Information (per serve)	
Energy	2110 Kj / 504 cal
Protein	13.57g
Carbohydrates	65.90g
Sugar	4.50g
Total Fat	19.30g
Saturated Fat	3.80g
Fibre	4.90g