



Low FODMAP Creamy Pumpkin & Sage Gnocchi

Developed by Monash FODMAP-trained dietitian [Melissa D'Elia](#) (APD)

Serves: 2

Prep: 5 minutes

Cook: 25 minutes



Stack Cup

Ingredients	Metric	Imperial
2 cups Kent pumpkin, peeled	250 g	8.8 oz
1 tbsp garlic infused olive oil	20 g	0.7 oz
1 bunch fresh sage	5 g	0.2 oz
Salt and pepper to taste (optional)		
Extra-firm tofu, drained and crumbled	150 g	5.3 oz
¼ cup soy milk (soy protein)	60 g	2.1 oz
2 tbsp nutritional yeast	10 g	0.4 oz
2 tsp lemon juice	10 g	0.4 oz
2 heaped tbsp margarine/dairy free spread	42 g	1.5 oz
Gluten free gnocchi	250 g	8.8 oz

Method

1. Preheat oven to 200°C/390°F and chop the pumpkin into small cubes.
2. Toss the pumpkin with garlic infused olive oil, fresh sage, salt and pepper, and roast for 25 minutes until tender and golden.
3. While pumpkin roasts, heat the garlic infused olive oil in a non-stick pan. Add crumbled tofu and pan-fry over medium heat for 6–8 minutes until golden and slightly crisp. Season with salt and pepper. Set aside.
4. In a blender, combine the roasted pumpkin, soy milk, nutritional yeast and lemon juice. Blend until smooth and creamy. Add more soy milk if needed to thin slightly.
5. In a large fry pan, melt 2 tbsp margarine/dairy free spread over medium heat. Add chopped sage and cook gently for 1-2 minutes until fragrant and slightly crisped.
6. In the meantime, cook gnocchi according to packet instructions. Drain and set aside.
7. To the pan, add the cooked gnocchi to the infused sage and combine. Add the crispy tofu and season with extra salt and pepper if desired. Stir fry until the gnocchi becomes crispy.
8. Add the creamy pumpkin sauce to the bottom of a plate as your base. Serve the gnocchi mixture on top. Top with fresh sage.

Hints

Don't feel the need to make it vegan? Feel free to swap the:

- Margarine/dairy free spread for butter
- Soy milk for lactose free milk
- Nutritional yeast for Parmesan
- Tofu for chicken (or remove this element completely)

and simply cook using the same steps!

Nutrition Information (per serve)	
Energy	2646 Kj / 632 cal
Protein	27g
Carbohydrates	64g
Sugar	7g
Total Fat	32g
Saturated Fat	6g
Fibre	10g