

Our Recipe

VEGGIE
RECIPE

TOMATO WEEK



Ingredients

Spine-Tingling Tomato & Spinach Gnocchi 4 portions

5ml vegetable oil

32g onions, finely diced

1/2 garlic clove, crushed

320g chopped tomatoes

6g tomato puree

1/2 vegetable stock cube

120ml water

200g Gnocchi

Handful of fresh basil – chopped

35g fresh spinach



Method

1. In a pan heat oil then fry finely diced onion and grated garlic until soft.
2. Add tomato puree, chopped tomatoes and vegetable stock.
3. Add gnocchi to the sauce, bring to the boil and simmer for 10 minutes.
4. Chop the fresh spinach and basil and add to the gnocchi.
5. Serve with some shockingly scary sweetcorn or blood curdling broccoli.

**EAT THEM
TO DEFEAT THEM**

