

Squash gnocchi

READY IN



130 min.

SERVINGS



4

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 butternut squash halved deseeded cut into wedges
- ☐ 2 garlic clove
- ☐ 1 sprig thyme leaves
- ☐ 2 tbsp olive oil
- ☐ 4 servings nutmeg freshly grated
- ☐ 1 eggs
- ☐ 1 tbsp flour plain
- ☐ 140 g parmesan grated
- ☐ 100 g butter

- ☐ 1 handful sage
- ☐ 1 to 5 chillies red deseeded chopped

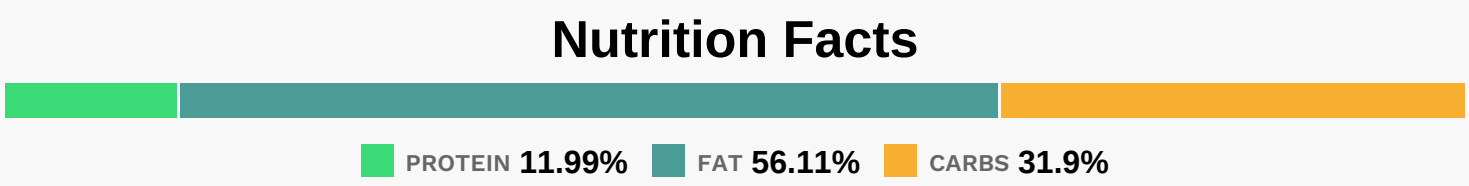
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ grill
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Tip the squash into a roasting tray. Toss with the garlic, thyme and olive oil, then season. Cover the dish with foil and roast for 40 mins until soft. Leave to cool slightly.
- ☐ When the squash is cool enough to handle, remove the flesh and use a spatula to force it through a fine sieve. Tip into a clean pan, then gently cook for 30–40 mins until reduced to a dense mass that comes away from the sides of the pan. Leave to cool.
- ☐ Tip pure into a bowl, then season with the nutmeg, salt and pepper.
- ☐ Mix in the egg, flour and 100g of the parmesan. You should have a soft pliable dough so, if its too wet, add more flour until its the right consistency.
- ☐ Take a third of the dough and, on a floured surface, roll into a long strip about the thickness of your thumb.
- ☐ Cut the strip into little pillows about 3cm long, then press each one gently with the back of a fork. repeat with the remaining dough.
- ☐ Bring a large pan of water to the boil, then drop in the gnocchi in batches. Cook until they float, then give them a minute more before scooping out and putting them in a bowl of iced water. When theyre all cooked, drain well.
- ☐ To serve, heat a grill to high. Melt the butter in a large pan until sizzling, then throw in the chilli and sage sizzle for a minute before throwing in the gnocchi and tossing through. tip into a

heatproof dish, scatter with parmesan, flash under the grill until browned, then serve immediately.



Properties

Glycemic Index:85.5, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:37.13826104869%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 590.81kcal (29.54%), Fat: 38.67g (59.49%), Saturated Fat: 20.58g (128.64%), Carbohydrates: 49.46g (16.49%), Net Carbohydrates: 41.07g (14.94%), Sugar: 9.77g (10.86%), Cholesterol: 118.47mg (39.49%), Sodium: 753.98mg (32.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.2%), Vitamin A: 40941.16IU (818.82%), Copper: 8.02mg (401.01%), Vitamin C: 95.84mg (116.18%), Calcium: 632.52mg (63.25%), Manganese: 1.14mg (57.06%), Vitamin E: 7.26mg (48.4%), Potassium: 1437.03mg (41.06%), Phosphorus: 409.05mg (40.9%), Magnesium: 156.47mg (39.12%), Vitamin B6: 0.71mg (35.46%), Fiber: 8.38g (33.53%), Folate: 117.32µg (29.33%), Vitamin B1: 0.43mg (28.98%), Vitamin B3: 4.91mg (24.53%), Iron: 3.77mg (20.92%), Selenium: 14.31µg (20.45%), Vitamin B5: 1.9mg (18.95%), Vitamin B2: 0.28mg (16.24%), Zinc: 1.84mg (12.29%), Vitamin K: 12.32µg (11.74%), Vitamin B12: 0.56µg (9.34%), Vitamin D: 0.4µg (2.63%)