



# POTATO AND PUMPKIN GNOCCHI WITH BROCCOLI PESTO

<b>Season:</b>	<b>Any</b>
<b>From the garden:</b>	<b>Potatoes, pumpkin, broccoli, parsley, spinach</b>
<b>Type:</b>	<b>Lunch, dinner</b>
<b>Difficulty:</b>	<b>Easy</b>
<b>Country of origin:</b>	<b>Italy</b>
<b>Serves:</b>	<b>6 serves or 36 tastes</b>
<b>Source:</b>	<b><a href="http://www.delallo.com">www.delallo.com</a></b>

## Equipment for gnocchi

- \*knife
- \*measuring cup
- \*measuring spoon
- \*potato ricer
  
- \*big pot
- \*frying pan
- \*slotted spoon
- \*fork

## Ingredients for gnocchi

- \*1,5 kg roasted (skin on) potatoes
- \*2 cups plain flour
- \*1 cup cooked, mashed pumpkin
- \*1 tsp salt
- \*1 Egg (can be left out)
- \*1 tbsp butter/olive oil for frying (optional)

## Equipment for pesto

- \*food processor
  
- \*measuring cup

## Ingredients for pesto

- \*2 cups broccoli florets
- \*a few handfuls of spinach and parsley
- \*2 cloves of garlic

**\*measuring spoon**

**\* $\frac{1}{3}$  cup toasted sunflower seeds (or any**

**kind of nuts**

**\*small bowl**

**\* $\frac{1}{2}$  tsp salt**

**\*spatula**

**\* $\frac{1}{3}$  cup olive oil**

## **Method**

- 1. for the gnocchi, cut the roasted potatoes in half and scoop out the flesh (skins can be eaten as a snack) and using a potato ricer, rice the potatoes onto a clean surface.**
- 2. mix the riced potatoes with the flour, pumpkin, salt (and egg, if using) and knead it into a soft dough**
- DON'T OVERMIX. as soon as the mixture comes together, stop kneading**
- 3. split into 4 portions and roll each portion into a long sausage, around 1 cm in diameter**
- 4. use a knife and cut into 2 cm long pieces, dust with flour to prevent sticking**
- 5. bring water to the boil in a large pot and cook the gnocchi till they float to the surface, 1-2 minutes**
- 6. remove them with a slotted spoon and place on a plate**
- 7. the gnocchi can now be mixed with a sauce, or they can be fried in a tbsp of butter until lightly browned and then served with sauce or pesto**
- 8. for the pesto, toast the sunflower seeds in a dry frying pan until lightly browned**
- 9. cut the broccoli into pieces and either steam it for a few minutes or cook in a frying pan with a tbsp of olive oil until lightly browned**
- 10. put the broccoli with the parsley, spinach, sunflower seeds, garlic, oil and salt into a food processor and pulse until a paste forms. Add more oil if it looks too dry and check for seasoning**

**Notes: Gnocchi are soft dough dumplings made with flour or potatoes. They can be eaten just boiled or fried. A fork can be used to make little ridges on them, which makes the sauce stick better. Don't overwork the dough, otherwise they become hard. Some recipes add an egg to the mixture.**

**Pesto normally contains cheese (mainly parmesan), but we left it out because of dairy allergies.**

**Skills: measuring, *sautéing*, shaping gnocchi.**

