



HEALTHYFOOD
STUDIO



BUTTERNUT *gnocchi*

INGREDIENTS

800g	Butternut
1 tbsp	Olive oil
300g	Potato, peeled, quartered
1 tsp	Salt
100g	Whole-wheat flour

METHOD

- 01 | Put the potatoes in a large saucepan, add cold water to cover and season with salt.
- 02 | Bring to a boil, lower the heat, and simmer until potatoes are soft.
- 03 | Drain potatoes and steam dry.
- 04 | Mash potatoes while still warm and set aside.
- 05 | Place the butternut in a large pot, add cold water, cover and season with salt.
- 06 | Bring to a boil, lower the heat, and simmer until butternut is soft.
- 07 | Drain butternut, steam dry and mash to a smooth consistency.
- 08 | Add butternut and potatoes in a bowl and mix well. Add flour and season.
- 09 | Knead until dough forms a ball. Shape small portions of the dough into long snakes.
- 10 | On a floured surface cut snakes into 3cm pieces.
- 11 | Bring a large pot of lightly salted water to a boil. Drop gnocchi and cook until the gnocchi have risen to the top of the water.



COOKING

50
MIN

PREP

50
MIN

SERVES

6 - 8