



## WELCOME TO EAT WELL SPEND LESS

We hope you enjoy cooking with us and we would love to see your photos and videos on social media! You can tag us on instagram:

@caudwellchildren and @feasteduk with the hashtag #EatWellSpendLess

Lets get started, you just need a few bowls, spoons, a pan or 2, baking tray.



## Recipe: Gnocchi

### Ingredients:

- 1kg potatoes
- 230g flour
- 20g egg yolk
- Parsley 10g
- Salt
- Pepper
- Sundried toms
- Mascarpone
- Lemon juice
- Black pepper

### Method:

1. Start by placing the potatoes on a tray and into the oven at 180 degrees or gas mk 6 for 1 to 1 and half hours until the potatoes are light and fluffy inside.
2. Scoop out the centre and place into a bowl, lightly incorporate the flour and the egg yolk and parsley trying not to over mix as you will make the dough tight you want it to be nice and fluffy.
3. Roll the gnocchi into finger width sausages and cut into 2cm pieces, press down on the gnocchi to form a small pillow shape.
4. In a boiling pan cook for around two minutes or until the gnocchi has floated to the top of the water.
5. Once cooked toss into a pan with mascarpone, black pepper and lemon juice then add the chopped sundried tomatoes.

### Broccoli:

Cut the broccoli away from the stalk and place on a tray and roast in a pre heated oven at 180oc for 15 mins or until cooked through.

Place broccoli over gnocchi and dinner is ready to serve.

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