

Niamh's Roasted Gnocchi, Cherry Tomatoes & Veggie Sausages

2 servings

538 Kcal / serving

Ingredients

For the salad:

- 80g Baby spinach leaves
- 2 Ripe tomatoes
- 1/4 Cucumber
- 1 tablespoon Vinaigrette salad dressing (shop-bought)

For the Gnocchi:

- 20 Cherry tomatoes
- 250g Packet fresh gnocchi
- 25g Black olives
- Handful fresh basil leaves
- 1 tablespoon Rapeseed or olive oil
- Freshly ground black pepper
- 2 (90g) Vegetarian sausages (such as Linda McCartney, Rudds, Denny, Clonakilty)
- 250g Carton mozzarella balls (bocconcini 125g drained weight or see below)

The Method

Preheat your oven to 200°C (400°F), gas mark 6. Cut the cherry tomatoes in half and cut the vegetarian sausages into 1cm pieces. Place them both in a large bowl with the gnocchi and drizzle in the oil and season lightly with pepper. Toss until evenly coated and then tip into a large non-stick baking tin. Roast for 25 minutes, stirring after 15 minutes to ensure everything cooks evenly.

35g Protein 21g Fat 52g Carbs



Meanwhile, drain the liquid off the mozzarella balls and slice each ball in half. Finely slice the basil leaves. Remove the stones from the black olives and finely chop. After 25 minutes remove the baking tin from the oven and scatter over the mozzarella, basil and olives, stirring gently to combine. To make the salad, put the spinach leaves in a bowl. Dice the tomatoes and cucumber and scatter on top. Dress with the vinaigrette, tossing to coat.

Divide the roasted gnocchi, cherry tomatoes & veggie sausages among bowls and serve with the bowls of salad alongside.

NOTE: You can use a 125g fresh mozzarella ball instead of the packet of baby mozzarella balls (bocconcini) and cut it into large chunks.



Suitable for vegetarians