

Ingredients & Prep

525g	Butternut Gnocchi
12 strips	Streaky Pork Bacon
2	Garlic Cloves <i>peel & grate</i>
45ml	Tomato Paste
90ml	White Wine
45ml	Cake Flour
300ml	Low Fat UHT Milk
30ml	Ground Paprika
120g	Peas
75ml	Grated Italian-style Hard Cheese
45ml	Lemon Juice
8g	Fresh Basil <i>rinse & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. GO, GO GNOCCHI! Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 1-2 minutes. Drain, reserving a cup of the gnocchi water, and toss through a drizzle of olive oil.

2. BRING ON THE BACON Place a pan over medium-high heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Roughly chop and set aside.

3. IT'S ALL ABOUT THE SAUCE Return the pan to medium-high heat with a drizzle of oil (if necessary). When hot, fry the grated garlic, the tomato paste, and the wine until almost all the wine has evaporated, 1-2 minutes. Add 60g of butter and the flour. Fry, 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps. Loosen the sauce with the reserved gnocchi water.

4. FINAL TOUCHES & FLAVOURS Return the pan with the sauce to medium heat and bring to a simmer. Add the paprika, the peas, $\frac{1}{2}$ the grated cheese, the lemon juice (to taste), a sweetener (to taste), and seasoning. Mix and remove from the heat. Stir through the cooked gnocchi, $\frac{1}{2}$ the chopped bacon, and $\frac{1}{2}$ the sliced basil.

5. DISH UP DINNER Plate up the creamy pea & bacon gnocchi and sprinkle over the remaining cheese & bacon. Garnish with the remaining basil. Finish off with a crack of black pepper. Cheers, Chef!

Nutritional Information

Per 100g

Energy	603kJ
Energy	144kcal
Protein	6.2g
Carbs	18g
of which sugars	2.4g
Fibre	2.4g
Fat	5.2g
of which saturated	2g
Sodium	316mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
3 Days