



[www.veggie-yum.com](http://www.veggie-yum.com)

# Spring Vegetable Gnocchi with a Creamy Lemon Sauce

## Ingredients:

- 400g Fresh Potato Gnocchi
- 1 Small Leek
- 75g (or 1/2 cup) Frozen Peas (preferably petit pois)
- 70g (or 1/2 cup) Frozen Edamame Beans (sometimes called Soya Beans)
- 125g Asparagus (or 1 cup) (aim for the fine stalked variety if possible to reduce cooking time)
- 3 Generous Tablespoons Half Fat Crème Fraiche
- 1 Lemon
- 60g (or 1/4 cup) Baby Spinach Leaves (pre-washed if possible)
- 10g (or 1 Tablespoon) Breadcrumbs (either fresh or pre-made dried, make sure you choose the natural version)
- 15g (or 2 Tablespoons) Parmesan cheese (grated)
- 1 Tablespoon Olive Oil
- Pinch of Salt

## Equipment needed:

- Sauté pan
- Large saucepan
- Slotted spoon
- Gratin dish
- Lemon zester
- Grater
- Chopping board and sharp knife

## Method:

1. Pre heat grill to hot (200 ° C / 400 ° F / Gas Mark 6)
2. Warm the sauté pan on a medium heat and add olive oil
3. Discard the outer layers of the leek and chop the inside into thin slices
4. Zest the lemon, and place to one side

5. Chop the asparagus tips into pieces approximately 3cm long. Discard the woody end section
6. Stir fry the leek, frozen peas, frozen edamame beans and asparagus. Add a splash of hot water so that the vegetables steam fry. Cook for approx. 5 minutes or until the vegetables are tender but still have bite
7. Meanwhile, bring a large saucepan of salted water to the boil. Add the Gnocchi to the boiling water. As each piece cooks it will bubble up and rise to the surface. Remove the cooked Gnocchi with the slotted spoon, (as each piece is cooked) and add it to the sauté pan of vegetables
8. Add the half fat crème fraîche and the lemon zest to the sauté pan and stir until the sauce is lightly bubbling.
9. Add the spinach, and stir through until the spinach is just wilted
10. Pour into an ovenproof gratin dish
11. Sprinkle evenly the breadcrumbs over the Gnocchi and grate the parmesan cheese over the top of the dish.
12. Place under a hot grill and leave for 6-7 minutes. Keep an eye on it so that it doesn't burn - you want it to be a golden colour on top
13. Remove from Grill and serve immediately. Delicious served with a crisp green salad