

Mixed mushroom & crispy sage gnocchi

Mixed mushroom & crispy sage gnocchi

Preparation 20 mins | Cooking 20 mins | Serves 4

500g fresh potato gnocchi
2 tbs olive oil
1 small bunch sage, leaves removed
1 small brown onion, finely chopped
350g mixed mushrooms*, slice larger mushrooms
2 garlic cloves, finely chopped
¼ tsp dried chilli flakes
½ cup dry white wine
Grated parmesan, leafy green salad and lemon wedges, to serve
** We used a mix of button, Shiitake, Swiss Brown buttons and King Brown mushroom varieties.*

- STEP 1** Cook gnocchi following packet directions. Drain and set aside.
- STEP 2** Heat 1 tbs oil in a large non-stick frying pan over medium-high heat. Add sage and cook for a few minutes until crisp. Transfer to a plate lined with paper towel. Set aside.
- STEP 3** Add remaining 1 tbs oil and onion to pan and cook, stirring occasionally, over medium heat for 3-4 minutes until tender. Add mushrooms, garlic and chilli flakes. Cook, tossing often, for 3-4 minutes until mushrooms are hot. Add wine, cover and cook for 2 minutes.
- STEP 4** Increase heat to medium-high and toss through gnocchi. Season with salt and pepper to taste. Sprinkle with fried sage. Serve with grated parmesan, a leafy green salad and lemon wedges.

Good for you... *MUSHROOMS*

Fresh mushrooms differ from vegetables in that they supply mainly B group vitamins rather than contributing vitamin C and carotenoids (which are converted in the body to vitamin A). They are a source of riboflavin (vitamin B2) and niacin, both of which contribute to the normal release of energy from food.

