

Silverbeet, tomato & feta gnocchi



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Preparation: about 20 minutes

Cooking: about 20 minutes

Serves: 4

2 tbs olive oil
1 onion, finely chopped
2 garlic cloves, crushed
175g shortcut bacon, roughly chopped
1 bunch silverbeet, trimmed, white stem removed and leaves shredded*
690g jar tomato pasta sauce
750g fresh gnocchi
Salt and ground black pepper
100g feta cheese, crumbled

**about 300g trimmed silverbeet*

1. Heat oil in a medium non-stick frying pan over medium heat. Add onion and garlic and cook, stirring often, for 3 minutes until tender. Add bacon and cook, stirring often for 3-4 minutes until tender. Stir in silverbeet and tomato sauce. Season with salt and pepper to taste and cook, stirring often, until silverbeet wilts. Remove from heat.
2. Meanwhile, cook gnocchi in a large saucepan of boiling water, following packet directions, until al dente. Drain and add gnocchi to silverbeet mixture. Stir to combine and spoon into a greased 8-cup shallow heatproof baking dish. Sprinkle with feta.
3. Preheat a grill on high. Place gnocchi under grill (with top about 5 cm from heat source) and grill for 4-5 minutes until feta is hot and turning golden and serve.



Silverbeet

- Silverbeet is a nutritious vegetable providing several vitamins, including vitamin C (helps protect the body against infection, vitamins B6 and folate, and beta carotene which the body converts to vitamin A.
- A good source of dietary fibre, which helps keep the intestine functioning normally.
- Supplies potassium, which helps balance the excess sodium from the salt we consume and also manganese, a mineral which plays an essential role in bones and cartilage.