

Spinach, basil & pepita pesto with gnocchi & tomatoes

Preparation 20 mins | Cooking 10 mins | Serves 4

600g fresh potato gnocchi 1 the olive oil

200g grape or cherry tomatoes, halved lengthways Extra grated parmesan & basil leaves, to serve

Spinach, basil & pepita pesto 30g baby spinach 1 garlic clove, crushed ½ cup pepitas 1 cup basil leaves

¼ cup grated parmesan

1/3 cup olive oil

STEP 1 To make the pesto, combine all ingredients in a food processor. Process until almost smooth. Season with salt and pepper to taste. Set aside.

STEP 2 Bring a large saucepan of salted water to the boil. Add gnocchi and cook following packet directions. Drain. Set aside.

STEP 3 Heat 1 the olive oil in a large frying pan over medium-high heat. Add tomatoes and gently toss over heat until hot and tender. Toss through gnocchi. Swirl through pesto. Sprinkle with extra grated parmesan and hasil leaves Serve

Good for you... TOMATOES

Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.



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