

## TASTE WITHOUT WASTE

### Spinach & Ricotta Gnocchi

Serves 4

#### Ingredients

6 garlic cloves, unpeeled  
20g fresh herbs, finely chopped. Parsley, basil, thyme & rosemary work well.  
225g baby spinach leaves  
250g ricotta cheese  
1 egg yolk  
½ tsp finely grated lemon zest  
Good grind of black pepper  
Large pinch of sea salt  
40g parmesan cheese, finely grated  
37g (1/3 cup) plain flour, sifted flour  
30g butter  
2 tbsp pine nuts, toasted  
Shaved parmesan cheese to serve

#### Method

Rinse the spinach under cold water and gently shake off the excess droplets. Place a frying pan over medium heat. When hot, add the spinach and sauté for approximately 1 minute or until wilted. Remove from the pan and set aside to cool.

Meanwhile, bring a small pot of water to the boil and add the unpeeled garlic cloves. Cook for four minutes, remove the cloves, peel and put through a garlic crusher. Use a fork to mix the crushed garlic with the finely chopped herbs and lemon zest.

In a medium sized bowl beat the herby-garlic mixture into the ricotta. Season with salt and pepper and beat in the egg yolk.

Squeeze as much water as possible out of the spinach – really wring it – and finely chop. Stir through the ricotta mixture until well combined. Now gently stir through the parmesan cheese and sifted flour until the flour is just incorporated. The mixture should be moist but not gluggy.

Take scant tablespoonful's of the mixture and gently shape into balls using the palm of your hands. Place on a baking tray or large plate. Repeat until all the mixture is used, leaving a small space between each ball – you don't want them to stick together. Refrigerate for at least thirty minutes, and up to a day.

Bring a large pot of salted water to a rolling boil. Gently lower the balls into the water. Cook for approximately 4 minutes or until the balls rise to the surface. While the gnocchi are cooking brown your butter. Pop the butter into a frying pan (large enough to fit the gnocchi) and set over a medium heat. Leave to melt until the butter starts to 'pop' and turns a light amber colour. Remove the pan from the heat.

Once the gnocchi are cooked, use a slotted spoon to transfer them to the frying pan containing browned butter. Toss gently to coat.

Serve immediately, topped with a scattering of pine nuts, a good grind of black pepper and sea salt and shaved parmesan cheese.

*Source: Adapted from The Classic Italian Cooking Course by Jeni Wright & Angela Boggiano.  
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