



We like to think of gnudi as gnocchi's little brother. Gnudi are lighter than gnocchi as they use ricotta instead of potatoes.

Cooking Time: 30 min

Cals 887 | Prot 30 | Carbs 64 | Fat 52

Tips For Fussy Eaters

Leave the spinach out if it's not a favourite!

Pro Tip

Make the gnudi a few hours in advance and refrigerate before cooking. This way they'll hold their shape better.

Ingredients

For 2 For 3 For 4

Gnudi

Baby spinach	60	90	125	Grams
Parmesan	60	120	120	Grams
Lemon	1	1	2	Piece
Eggs	2	4	4	Piece
Panko bread crumbs	60	90	120	Grams
Ricotta	250	500	500	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Plain flour	50	50	50	Grams

Tomatoes

Shallots	1	1	2	Piece
Cherry tomatoes	250	300	500	Grams
Salted butter	50	100	100	Grams
Olive oil	1	2	2	Tbsp
Tomato paste	30	50	70	Grams
Red vinegar	15	22	30	ML
Brown sugar	5	5	10	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Fresh basil	15	15	15	Grams



1 Prep

Boil a kettle. Place the **spinach** in a colander and pour the freshly boiled water from the kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze to remove any excess liquid. Chop the wilted **spinach**. Grate the **Parmesan**. Wash the **lemon** and grate its zest with a fine blade.

2 Make gnudi

Whisk the **eggs** in a large bowl. Add the **Parmesan**, **lemon** zest, **panko bread crumbs**, wilted **spinach**, **ricotta**, **salt** and **pepper** and mix well. Dust the work surface and your hands with **flour**. Shape the mixture into 20/30/40 bite-size balls. Place them on a lined baking tray and refrigerate until step 5.

3 Prep sauce

Peel and finely slice the **shallots**. Halve the **cherry tomatoes**.



4 Make sauce

Heat a large non-stick pan over a medium-low heat with the **butter** and **olive oil**. Once the **butter** has melted, add the **shallots**, **tomatoes**, **tomato paste**, **red vinegar**, **sugar**, **salt** and **black pepper**. Cover with a lid and simmer for 10-15 min or until the **tomatoes** have fully broken down.

5 Boil gnudi

Once the **tomatoes** have broken down, bring a very large pot of salted water to the boil. Add the **gnudi** and cook for 1-2 min until they float to the surface. Do this in batches. Using a slotted spoon, carefully transfer the **gnudi** to the **tomatoes**.

6 Serve

Tear the **basil** leaves into the pan. Serve immediately.



Share Your #hellochef Pics With Us

www.hellochef.me
hello@hellochef.me
04-383-93-99