



Better meals
inspired by
Jamie Oliver



Sausage gnocchi with warm kale & bean salad

TOTAL TIME **15 MIN** // SERVES **4**

.....

INGREDIENTS

FOR THE GNOCCHI:

- 4 spicy Certified Humane® lean sausages
- 2 tsp fennel seeds
- 2 sprigs fresh rosemary
- 1/2 cup Chianti
- 1 bunch broccolini
- 3 cups passata
- 400 g gnocchi
- 2 tbs fat-free plain yogourt

FOR THE GREENS:

- 2 strips Certified Humane® smoked bacon
- olive oil
- blanched hazelnuts
- 1 tsp maple syrup or liquid honey
- 1 cup green beans
- mixed greens, such as curly kale, Swiss chard, spring greens
- 1 1/2 tbsp extra virgin olive oil
- 1 1/2 tbsp sherry vinegar

DIRECTIONS

Ingredients out. Kettle boiled. Large casserole pan, high heat. Small frying pan, high heat. Large lidded pan, high heat. Food processor (thick slicer).

- 1. START COOKING** Squeeze the sausage meat out of the skins into the casserole pan with the fennel seeds and rosemary leaves (discard the sausage skins). Break the meat apart, stirring regularly. Finely slice the bacon, put into the small frying pan with 1 teaspoon/5ml of olive oil and the hazelnuts and cook until golden, then add the maple syrup or honey and remove from the heat.
2. Line the beans up and cut off the stalks, then put them into the large saucepan, cover with boiling salted water and the lid. Cook for 4 minutes, then add the greens, tearing up any larger leaves. Pour the wine into the sausage pan and let it bubble away while you check on the beans and greens. If done, use a slotted spoon to transfer them to a colander to drain, leaving the pan of water on the heat. Tear the broccoli tips into the sausage pan, then slice and add the stalks, along with the passata.
3. Add the gnocchi to the pan of water the greens were cooked in and pop the lid on. Mix the extra virgin olive oil, vinegar and a pinch of salt and pepper in a serving bowl, tip in the drained greens and toss to coat, then scatter over the crispy nuts and bacon. When the gnocchi have been floating for a couple of minutes, drain them and toss with the sauce. Season to taste and serve in the pan, or on a nice platter, drizzled with yogourt.

Sobeys
Better food for all.

.....

PER SERVING 526 CALORIES // 29.6 g FAT // 7.5 g SATURATED FAT // 32.1 g CARBS // 13.8 g SUGARS

Ingredient and nutrition content of recipes may vary due to changes in product formulation, recipe substitutions, portion size and other factors.