



GNOCCHI IN TOMATO SAUCE

with Ricotta

SPICY

VEGGIE



HELLO GNOCCHI

These pillowy potato dumplings are even tastier when they're pan-fried until golden-brown

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 874



Gnocchi



Zucchini



Ricotta Cheese



Garlic



Italian Seasoning



Chili Flakes



Onion, chopped



Balsamic Vinegar



Diced Tomatoes



Roma Tomato




Veggie Ground Round

BUST OUT

- Grater
- Butter **2 (1 tbsp)**
- Garlic Press
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Measuring Spoons
- Medium Pot

INGREDIENTS

2-person

- Gnocchi **1** 500 g
- Zucchini 160 g
- Ricotta Cheese **2** 100 g
- Garlic 10 g
- Italian Seasoning 1 tsp
- Chili Flakes  1 tsp
- Onion, chopped 56 g
- Balsamic Vinegar **9** 1 tbsp
- Diced Tomatoes 1 can
- Roma Tomato 160 g
- Veggie Ground Round **1,4,6** 1 pkg

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

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|-------------------------------|----------------------------------|
| 0 Seafood/Fruit de Mer | 6 Mustard/Moutarde |
| 1 Wheat/Blé | 7 Peanut/Cacahuète |
| 2 Milk/Lait | 8 Sesame/Sésame |
| 3 Egg/Oeuf | 9 Sulphites/Sulfites |
| 4 Soy/Soja | 10 Crustacean/Crustacé |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

*Laver et sécher tous les aliments.



START STRONG

In Step 3, use this heat guide to determine what spice level you prefer: **1/8 tsp** mild, **1/4 tsp** medium, **1/2 tsp** spicy and **1 tsp** extra-spicy!



1 PREP

Wash and dry all produce.* Using a box grater, grate the **zucchini**. Mince or grate the **garlic**. Cut the **tomatoes** into 1/2-inch pieces.



4 COOK GNOCCHI

Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp butter** and **1 tbsp oil**. Swirl the pan to melt the **butter**. Add the **gnocchi** and cook, stirring occasionally, until the **gnocchi** is golden brown, 5-6 min.



2 START SAUCE

Heat a medium pot over medium-high heat. When the pot is hot, add **1 tbsp oil**, then the **onions**. Cook, stirring often, until softened, 3-4 min. Add the **garlic** and **ground round**. Cook, stirring together, until the **ground round** warms through, 1-2 min.



5 FINISH AND SERVE

Divide the **gnocchi** between bowls and top with the **tomato sauce**. Dollop over the **ricotta**.



3 FINISH SAUCE

Add the **zucchini**, **Italian seasoning**, **tomatoes**, **diced tomatoes**, **1 tbsp vinegar**, **1/4 tsp chili flakes** and **1 cup water** to the pot with the **ground round mixture**. (**NOTE:** Reference the chili guide in Start Strong.) Reduce the heat to medium-low. Simmer, stirring occasionally, until the **sauce** starts to thicken, 10-12 min. Season with **salt** and **pepper**.

CREAMY

Ricotta cheese adds creaminess to this utterly delicious sauce