



PEA AND ASPARAGUS GNOCCHI

with Brown Butter, Tarragon and Parmesan

VEGGIE



HELLO GNOCCHI

Pan-frying the gnocchi is a great way to add crispiness to these potato dumplings



Gnocchi



Asparagus



Green Peas



Garlic



Tarragon



Parmesan Cheese,
shredded



Sour Cream

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 726

BUST OUT

- Baking Sheet
- Garlic Press
- Large Non-Stick Pan
- Measuring Spoons
- Aluminum Foil
- Medium Bowl
- Butter **2 (2 tbsp)**
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Gnocchi **1** 500 g
- Asparagus 170 g
- Green Peas 113 g
- Garlic 10 g
- Tarragon 10 g
- Parmesan Cheese, shredded **2** ¼ cup
- Sour Cream **2** 6 tbsp

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 soya, les sulfites, les noix et le blé.

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

*Laver et sécher tous les aliments.



START STRONG

Preheat your broiler to **high** (to broil the asparagus).



1 PREP Wash and dry all produce.* Trim the bottom 1-inch from the **asparagus** and discard, then cut the spears into 1-inch pieces. Mince or grate the **garlic**. Chop **1 ½ tbsp tarragon leaves**.



2 COOK GNOCCHI Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then the **gnocchi**. Cook, turning often, until the gnocchi is golden-brown, 7-8 min. (Depending on the size of your pan, you may need to do this in two batches.) Transfer to a medium bowl.



3 BROIL ASPARAGUS Meanwhile, on a foil-lined baking sheet, toss the **asparagus** with **1 tbsp oil**. Season with **salt** and **pepper**. Broil in the centre of the oven, stirring halfway through cooking, until golden-brown and tender, 4-5 min.



4 MAKE BUTTER SAUCE Add **2 tbsp butter** to the same pan. Swirl the butter around the pan until it starts to foam, smells nutty and turns golden-brown, 1-2 min. (**TIP:** Watch it closely so it doesn't burn!) Remove the pan from the heat. Add the **garlic** and **tarragon**. Cook until fragrant, 1 min.



5 FINISH AND SERVE Stir in the **peas, asparagus, gnocchi, sour cream, half the Parmesan** and **3 tbsp water** into the pan with the **brown butter sauce**. Divide the **gnocchi** between plates, then sprinkle over the **remaining Parmesan**.

LIGHTER

You're going to fall in love with these light fluffy clouds of potato-based dough!