



Plant-based gnocchi with carrot top pesto and Prosociano

Serves 4

Prep 1 hour

INGREDIENTS

For the Gnocchi

800g potatoes (Russet or King Edwards)

135g '00' pasta flour

2 tbsp olive oil

1 tsp salt

For the Pesto

1 clove garlic, chopped

2 tbsp freshly-squeezed lemon juice

1 tsp fresh lemon zest

carrot tops from 1 large or 2 smaller bunches of carrots

1/4 cup fresh mint leaves

4 green onions, fresh green parts only

1/2 cup raw walnuts

3 tbsp olive oil

METHOD

FOR THE GNOCCHI

1 Wash the unpeeled potatoes and boil for 30 minutes until softened.

2 Allow to cool slightly and scoop the insides out. Mix with the olive oil and salt and mash until smooth. Add the flour gradually until a dough like mixture forms. Roll into long rope like pieces and cut into gnocchi shapes.

3 Boil in salted water for three minutes.

FOR THE PESTO

1 Add ice cubes to a large bowl of cold water and bring a pot of water to the boil. Add the carrot tops to the boiling pot. Cook for three minutes or until bright green and tender, stir occasionally. Remove carrot tops from the hot water, drain and add to the iced water. Drain the carrot tops thoroughly and spread out to dry.

2 Add the garlic, lemon juice and zest, mint, onion, walnut and carrot tops to a food processor. Blend until a chunky paste forms before adding the olive oil a tablespoon at a time until fully combined. Season to taste with salt, pepper and more lemon juice if desired.

TO SERVE

Lightly pan fry the blanched gnocchi with some olive oil, remove from heat and toss with the pesto. Finish with grated Prosociano (vegan parmesan) and a drizzle of olive oil.



BEN DUTSON

A passionate chef with a background in high-end catering – from Royal Ascot to the Chelsea Flower Show – Ben oversees food innovation, working with the team to feed Ascot's 600,000 annual racegoers.



WINE PAIRING

Ancilla Lugana, Lugana - Delicately floral with ripe yellow fruits leading to a rich and balanced palate of exotic fresh fruits. This wine really highlights the springy freshness of the pesto, a light-bodied white wine with aromatic notes is a great choice.