

Bean Curd Gnocchi, Asparagus, Broccoli, Spring Onion, Mint Tapenade

(4 portions) £2.30 per portion



1 recipe bean curd gnocchi

500g asparagus (2bch) cooked through, refreshed and drained, tips saved for garnish and rest angle cut into 3cm lozenges

100g (1bch) spring onions, angle cut into 1cm lozenges

1 pack (200g) tenderstem broccoli cooked through, refreshed and drained, cut into 6cm lengths

20ml rapeseed oil

Malden Sea salt

Freshly ground black pepper

Bean Curd Gnocchi

192g firm tofu

60g nutritional yeast

120g plain flour, add more if necessary.

Salt

Pepper

Drain and press the tofu to give it extra firmness. In a food processor, add tofu and pulse until it is at a fine consistency. Add the nutritional yeast and season well. Next, add the flour and blend together until a ball is formed. Shape small portions of the dough into long ropes. With a knife dipped in flour, cut ropes into 2½cm pieces. Gently roll to form a small rugby ball shape. Bring a large pot of salted water to a boil. Drop your gnocchi into the simmering water and allow to cook until gnocchi have risen to the top (2-3minutes) drain well in a colander, toss in a little rapeseed oil and leave to cool slightly on a flat tray or a sheet of greaseproof paper.

Mint Tapenade

7g (1) garlic clove, crushed
1 lemon, juice only
45g capers, chopped
6 anchovy fillets, chopped
200g green olives, pitted, chopped
100g (1bch) mint, picked, chopped
Salt
Freshly ground black pepper
80-90ml first pressed rapeseed oil

Blend all the ingredients together to a smooth paste, correct seasoning.

To Serve

Place the asparagus, broccoli and spring onions into a large bowl, add the rapeseed oil and mix gently. Heat a large non-stick pan add the rapeseed oil, when hot add the gnocchi and sauté until golden, gently moving in the pan so as not to burn. Leave to cool for 2 minutes. Add a 2-3 tablespoons of mint tapenade to the gnocchi, gently mix. Pour the gnocchi into the bowl of vegetables, gently toss and turn onto plates to serve. Drizzle over extra mint tapenade and finish with a sprinkle of sea salt.